

Wilmington's Murrays have got it covered



▲ The raw materials to make COVID-19 masks are ready for use at the Murray's sewing table in their living room.



▲ Wilmington's Joyce and Jim Murray have converted the living room in their home to a sewing center. They are creating COVID-19 masks of different sizes that will be placed into the hands of medical professionals in the area, as the coronavirus continues to run its course here in Massachusetts. Joyce sews while Jim (rear), after washing the cloth, irons it and then folds it as needed to create the masks.



▲ A completed mask that will soon be in the hands of a medical professional. (joebrownphotos.com)

Wilmington High School trip postponed

By LIZZIE MCDERMOTT
News Correspondent

WILMINGTON — The Wilmington School Committee voted on March 27 to postpone a scheduled student trip to England, Ireland, and Wales that had been set for this spring.

Superintendent of Schools Glenn Brand explained that district leaders had been communicating with travel agency Explorica in order to assess all options. He added that many other districts had also been forced to cancel or reschedule international trips due to the COVID-19 outbreak, and that the options offered were generally policies consistent among districts using the same agency.

"We are well aware that what is at stake is the financial wholeness of a number of families, arguably all of our families," said Brand.

According to Wilmington High School Principal Linda Peters, postponing the trip would open the option for parents to decide whether they want their student to participate in the rescheduled trip. If they choose not to participate, families would be refunded \$600 or \$800, depending on whether they had purchased travel insurance.

"All of the other options involved simply getting vouchers, which the parents of seniors are not interested in," Peters

TRIP | PAGE A8W

AdviniaCare at Wilmington to use facility for those with COVID-19

WILMINGTON — Pointe Group Care, LLC, operator of AdviniaCare at Wilmington, announced that it will temporarily designate the 142-bed skilled nursing facility to care for patients who have been diagnosed with COVID-19 and are recovering from the illness and still need a high level of care, including oxygen support.

The decision to convert the facility was made at the request of the Massachusetts Executive Office of Health and Human Services as part of a statewide effort to expand capacity for treating COVID-19 patients while freeing up space at acute care hospitals.

Current residents and patients of AdviniaCare at Wilmington, located at 90 West St. in Wil-

lington, will be transferred to other nursing facilities in the region in the next few days. Pointe Group Care has begun informing families of this plan to address an unprecedented crisis in the health care system.

"It is our hope that the sacrifices made by our residents, patients and their families — as well as our dedicated, extraordinary staff — will help mitigate a public health crisis and have a positive impact on many," said Chris Hannon, Chief Operating Officer at Pointe Group Care. "We believe, as a health care provider for our community, that this is the right thing to do in the interest of protecting the health of elders everywhere."

The conversion of select skilled nursing facili-

ties across Massachusetts will lead to fewer at-risk populations coming into contact with COVID-19 patients. AdviniaCare at Wilmington was chosen because of its location, capacity and infrastructure. After receiving a negative test for COVID-19, existing residents and patients will be transferred to facilities that are best suited for their care and are as close as possible, including to other facilities operated by Pointe Group Care.

Partners HealthCare will provide additional clinical structure and support in caring for the COVID-19 patients at AdviniaCare at Wilmington, and will supplement the care team currently in the building.

"We are taking extreme

care to minimize any potential negative effects from the transfer of our long-term care residents and rehabilitation patients. Our number one priority is their health and safety," said John Benedetti, Administrator of AdviniaCare at Wilmington. "We are keeping our families fully aware of the situation and working closely with public health officials to ensure the best possible clinical outcomes."

About Pointe Group Care, LLC
Pointe Group Care, LLC is a private, family-owned and locally managed senior living and rehabilitation provider based in Norwood. It operates eight senior care communities.

MUSIC | PAGE A7W

By CASEY STEVENSON
TMHS Intern

The Academy at Penguin Hall adapts music program

WENHAM — Many schools across the country have had to learn to adapt to the COVID-19 pandemic, school closures, and on-

line learning. While subjects such as calculus and English are easier to shift to online learning, the arts have more of a challenge.

Performing arts, such as theatre and music, are presumed to be stuck in limbo, with no way to really learn their craft. However, these programs are also finding unique ways to adapt.

Taunia Soderquist, Director of Music at The Academy Penguin Hall Girls Preparatory High School,

was kind enough to answer some questions about her experience teaching music in a remote learning format.

When asked what methods Academy Penguin Hall has been using, Soderquist revealed that their methods are similar to what Tewksbury Memorial High School has been using.

"Our school, The Academy at Penguin Hall, has been utilizing both Google Classrooms and Zoom to

continue our education from a distance learning perspective."

Of course, these methods present their own unique challenges, as she explains:

"Music class poses a particular challenge as internet speeds are not capable of allowing full rehearsals online. Because of this, we're utilizing popular apps like 'Acapella' which allow all of my students to log in, record their parts, and

practice together. Additionally, we have a larger focus on music theory and ear training, which my students have been really wonderful about. They enjoy learning the language of music and continuing to supplement their musicality."

However, Soderquist also elaborated on how these challenges have made her and her students resilient. "Distance learning is new to almost all of us. While I have had one-to-

one online lessons before, I have never taught an entire class online. It has forced both me and my students to rise to the challenge and try new ways of learning. I'm happy to say that we've all risen to the challenge."

Like many other students, Soderquist talks about how her pupils have been nervous during the COVID-19 crisis, and prides in the fact that their school helps the students combat this to keep things as normal as possible.



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INDEX

In Business... A6 | Lifestyle... B10 | Obituaries... A5 | Opinion... A4 | Police Log... B9 | Sports... B3

Senior center receives gift of flowers for elderly

WILMINGTON — Dovetail Companies is on a mission to brighten the days of the most vulnerable population during this pandemic. In an effort to spread hope and positivity Lauren Watts, Vice President, and Erin DiCarlo, President, orchestrated a no-contact doorstep delivery of 500 potted flowers to local isolated seniors.

The flowers included the message "Despite the forecast, live like it's spring!"

On March 25, Lauren and Erin started their day dropping flowers off

at the Wilmington Senior Center to be delivered alongside the meals on wheels deliveries.

"This is wonderful, we can't thank you enough, we know how much this is going to mean to our older adults," Laura Pickett, Case Manager Department of Elderly Services in Wilmington.

They went on to deliver to the doorsteps of Waterstone at Wellesley, Maplewood Senior Living at Weston, Waterstone at the Circle, Atria Marland Place Andover and Stone-

hill at Andover.

"I don't know if you can truly grasp the impact of your incredibly kind gesture," said Jake Quigley, Executive Director Waterstone at the Circle.

"We cannot thank you enough for your generous and thoughtful flowers for our residents. They loved the surprise and brought our residents happiness and smiles during this uncertain time," said Helena Dias, Senior Advisor, Waterstone at Wellesley.

In response one senior said, "The nicest thing

just happened to me. I opened my door and there was a lovely little plant waiting to smile at me to tell me spring was here.... I hope you thank that person.... it was the kindest and nicest surprise I could ask for" — Resident, Waterstone at the Circle.

While COVID-19 is quickly driving communities to social distance, Dovetail Companies have found that people are starting to experience what many isolated older adults feel every day - and are asking

what they can do to help.

During these uncertain times, our "normalcy" has been turned upside down and while this may be a very challenging time for those who depend on family and other support systems, the creative responses from the community supporting older adults have been heartwarming.

Dovetail Companies has the honor and privilege of supporting older adults (62+) during one of the most vulnerable times in their lives; leaving their long-time home in search

of a lifestyle change or during a time of crisis and need. The thought of aging can oftentimes be negative, as can an epidemic like the one the country is facing.

However, the most vulnerable population affected by COVID-19 has shown that everyone can survive this together.

Founder and President of Dovetail Companies, Erin DiCarlo stated, "Our elders have amazing amounts of insight and wisdom. They have lived through the Great Depression, numerous wars and devastating market changes. They have a knowing that this, too, shall pass, and we must remain calm and steadfast to get through to the other side of this crisis in one piece. I find this generation's knowledge to be extremely uplifting during these uncertain times — and I am forever grateful to them. We are honored to support them and help spread light during these dark times."

Erin DiCarlo and Lauren Watts (also known as the Senior Soul Sisters) are Certified Dementia Practitioners® Certified Senior Advisors® Seniors Real Estate Specialists® Sellers Representative Specialists®

For more information please contact Lauren Watts at 617-227-1600 ext 2 lauren@dovetailcompanies.com

To learn more about our services visit www.dovetailcompanies.com/ LinkedIn or Facebook @dovetail-companies



Moulton and Fitzpatrick introduce the Save Organizations that Serve America Act

SALEM — Representatives Seth Moulton (D-MA) and Brian Fitzpatrick (R-PA) introduced the Save Organizations that Serve (SOS) America Act. The legislation would provide emergency funding for nonprofits and create a universal charitable deduction.

The representatives will also advocate for nonprofits of any size to qualify for newly-created Small Business Administration (SBA) loans. The bipartisan legislation has the support of leading American nonprofits from across the country, who added their voices to call for the legislation's swift passage.

"Nonprofits are operating at a loss to help people manage the disruption coronavirus is causing. The YMCA is feeding kids who

don't have school lunches to count on. The YWCA is sheltering women who don't have safe homes to quarantine in. Other groups are advocating for Americans with compromised immune systems in a health care system that's being tested," Rep. Moulton said. "Despite this work, these groups and many others still face the same challenges small businesses are facing, and they need a hand from the government. I urge Congress to work with Rep. Fitzpatrick and me to provide one."

Rep. Fitzpatrick said: "Charitable organizations in my community and across our nation are hurting. In times like these, we must support these critically-important organizations that serve our most vulner-

able citizens. The focus of our efforts to save America's small businesses must include all of our nonprofit organizations. Our community and our nation, and those most in need, cannot survive without them."

The 12 million people working for America's charities are on the frontlines of the coronavirus response: they are the backbone of the food banks, shelters, domestic violence services, houses of worship, early care and education centers, after-school facilities, and more that are being called on to feed, house and care for people whose lives have been disrupted by closures, job loss and sickness.

With millions of jobs and invaluable services at risk, the SOS America Act would ensure that nonprofits are not left behind in disaster relief legislation by providing \$60 billion in emergency assistance and creating a robust universal charitable deduction. Going forward, Rep. Moulton and Rep. Fitzpatrick plan to amend the legislation to ensure all nonprofits qualify for the new SBA loans by removing the 500-employee caps.

The bill is cosponsored by Representatives Elissa Slotkin (D-MI), Darin LaHood (R-IL), Jim McGovern (D-MA), Stephen Lynch (D-MA), Derek Kilmer (D-WA), Lori Trahan (D-MA), and Harley Rouda (D-CA).

"This financial crisis will hit our communities doubly hard if charitable nonprofits do not survive," said Steven C. Preston, president and CEO of Goodwill Industries International. "Not only will unemployment be exacerbated through massive layoffs in this sector, which employs 12 million workers, but essential services to the most vulnerable will decline significantly at the very time they are needed the most. America's charitable nonprofits need the same supports given to other industries so we can stabilize our employees and support the millions in need."

"Across the country, YMCAs are working quickly to provide critical services that communities need right now, such as child care for the children

of healthcare workers and first responders, food programs for young people who no longer have access to school meals and shelter for the homeless," said Kevin Washington, president and CEO of YMCA of the USA. "We are doing everything we can now, and we are committed to being here for communities as our country begins the tough work of recovery. However, to sustain our operations and care for our staff until that time comes, we will need help on a scale that only the federal government can provide. We can't do this alone."

"The COVID-19 pandemic is causing individuals and families, particularly those most vulnerable, to make stark decisions about their lives and livelihoods," said Brian Gallagher, president and CEO of United Way Worldwide. "To put it bluntly, nonprofits meet these people's needs and many are being stretched to their limits. Local United Ways around the world are stepping forward to help everyone, from workers to children to seniors, and 211 call centers that provide accurate information are experiencing 200- to 300-percent increases in call volume. Bipartisan legislation that ensures charities are able to access the resources required to keep their doors open will reduce Americans' suffering and shorten the duration of this crisis."

"Community-based human services organizations house, feed, and care for millions of children, adults and families across the country who require critical support," said Susan N. Dreyfus, president and CEO of the Alliance for Strong Families and Communities. "They are essential employees in every community across the nation and critical to answering the need of vulnerable families, now more than ever. Many rely on Medicaid funding and carry little to no cash reserves, which means that their jobs and the mission services they support are in jeopardy. The provision of funds through emergency funding or small business loans is essential to their survival. Existing legislative proposals which place

500-employee caps will eliminate the majority of human services organizations from receiving these vital funds."

"The COVID-19 pandemic is a public health emergency. The longer it goes on, the more it also becomes a housing emergency," said Jonathan Reckford, CEO of Habitat for Humanity International, who also serves as chair of Leadership 18, an alliance of Chief Executive Officers responsible for leading some of the country's largest and most well respected charities, nonprofits, and faith-based organizations. "When this crisis subsides, nonprofit organizations like Habitat for Humanity will be a key part of building back the economy and aiding those most impacted. Congress's support of these organizations now will allow us to be ready to serve."

"Now, more than ever, we are depending on support from the federal government to assist thousands of Jewish agencies serving people of all backgrounds, including hospitals, nursing homes, community centers, family and children's service agencies, and vocational training programs," said Eric D. Fingerhut, president and CEO of The Jewish Federations of North America. "And, at the same time, we hope Washington will incentivize all Americans to make charitable contributions which are the lifeblood of our vital work."

"Nonprofits are a vital part of American society. Every day, we feed, heal, shelter, educate, inspire, enlighten, and nurture people in communities the country," said Tim Delaney, president and CEO of the National Council of Nonprofits. "We also employ 12.3 million Americans, which makes nonprofits the third largest workforce industry — larger than transportation, construction and even manufacturing. Our communities rely on charitable organizations of all sizes — large, medium and small; all are — and all are essential to our economic and social well-being. We urgently need the relief that the bill from Reps. Moulton and Fitz-

patrick would provide so we can continue doing what we do best: serving and improving our communities."

"Nonprofits serve as frontline responders to national crises such as the coronavirus, providing resources and care to those facing profound disruption in their lives and communities, particularly the most disadvantaged among us," said Nancy Brown, CEO of the American Heart Association. "The American Heart Association has proudly announced rapid-response scientific research investments to accelerate our understanding of the cardiovascular implications of the coronavirus, with a goal of quickly developing more effective treatments. We are grateful to Representatives Moulton and Fitzpatrick for introducing the Save the Organizations that Serve America Act, which provides critical relief for the nonprofit sector in response to the coronavirus pandemic to ensure charities across the country continue their vital work."

Specifically, the SOS America Act would:

Expressly provide charitable nonprofits with \$60B for any emergency funding proposals. The charitable sector needs an immediate infusion of \$60 billion and a mechanism must be constructed for a rapid infusion of cash to those organizations serving immediate needs in communities facing lost and declining revenue due to the pandemic.

Create a robust universal charitable deduction. Improve the proposed above-the-line charitable deduction by significantly raising the cap and allowing all taxpayers to immediately claim the deduction on their 2019 taxes and beyond.

Once the CARES Act is enacted into law, Rep. Moulton and Rep. Fitzpatrick plan to amend the bill to ensure all nonprofits qualify for the newly created small business loans and remove the 500-employee caps. They will clarify that charitable nonprofits of all sizes are able to participate in the emergency SBA loan program and remove the cap on the number of employees.

Advertisement
It's Your Money
by Todd Brisbois



REVIEW OF CHANGES IN TAX LAW

Limit for charitable contributions modified

The limit on the deduction for charitable contributions of cash has increased from 50 percent to 60 percent of a taxpayer's adjusted gross income. This means that some taxpayers who make large donations to charity may be able to deduct more of what they give this year.

Deduction for casualty and theft losses modified

A taxpayer's net personal casualty and theft losses must now be attributable to a federally declared disaster to be deductible.

Miscellaneous itemized deductions suspended

Previously, when a taxpayer itemized, they could deduct the amount of their miscellaneous itemized deductions that exceeded 2 percent of their adjusted gross income. These expenses are no longer deductible.

This includes unreimbursed employee expenses such as uniforms, union dues and the deduction for business-related meals, entertainment and travel. It also includes deductions for tax preparation fees and investment expenses, such as investment management fees, safe deposit box fees and investment expenses from pass-through entities.

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History:

The pea-picking prize was on the plate

By LARZ F. NEILSON

Gardeners who entered the *Town Crier's* Mythical Golden Pea Spoon competition were never told they were actually growing their own prizes.

Capt. Larz Neilson ran the contest for decades, awarding the honor each year to the first gardener to pick enough peas for a family meal. Each June, people would come to the *Town Crier* office with some peas, or call to announce when they would be picking. Once that gardener's date of picking was announced, there would often be others claiming an earlier date.

These dates were accepted and published as honest entries. The honor was given strictly on the honor system, as there was no prize, hence the "mythical" name.

When it started in 1951, the contest didn't have a name. Larz, the newly-hired editor of the *Wilmington Crusader*, noted on June 27 that Philip Buzzell had peas "last Sunday," which would have

been June 24. A week later, though, it was reported that Mrs. Stanley Delarond of Mystic Avenue had served peas on June 14.

A year later, the contest had been named, and the competition heated up. Larz visited Mrs. Delarond, but she was growing edible-podded peas, which were not eligible. He wrote that she had dusted the pea spoon daily, polishing it once a week.

The first report of picked peas in 1952 came on June 17 from the Marfleet family on Boutwell Street. However, the Murray sisters, Emma Sargent and Edie Symmes, staked a claim at 11 a.m. the same day. They had their peas for lunch, beating the Marfleets by eight hours.

When Larz left the *Crusader* in 1955 to start the *Town Crier*, he took the pea spoon contest with him. A generous soul once brought in four gold-colored soup spoons, so that Larz could award them. But that missed the point — it was the Mythical Golden Pea Spoon. The

spoons became coffee stirrers in the *Town Crier* office.

The real prize was grown and eaten by each of the entrants. There's nothing like the flavor of fresh-picked peas, lightly simmered within a few hours of picking, before the sugars turn to starch. An additional unstated benefit comes from the soil enrichment generated by the roots of the pea plants.

The late Hugh Wiberg confessed to his favor for their flavor in his 1971 book, "Backyard Gardening."

"I admit that I find it hard to speak and write dispassionately about peas," he wrote. "This is simply because they are my very favorite vegetable."

I was once privileged to share his bounty. He presented me with a bag of peas, which he had just picked, telling me to take them home immediately, shell them and then simmer them in a small amount of milk.

Do I have to tell you they were delicious?

He mentioned the pea

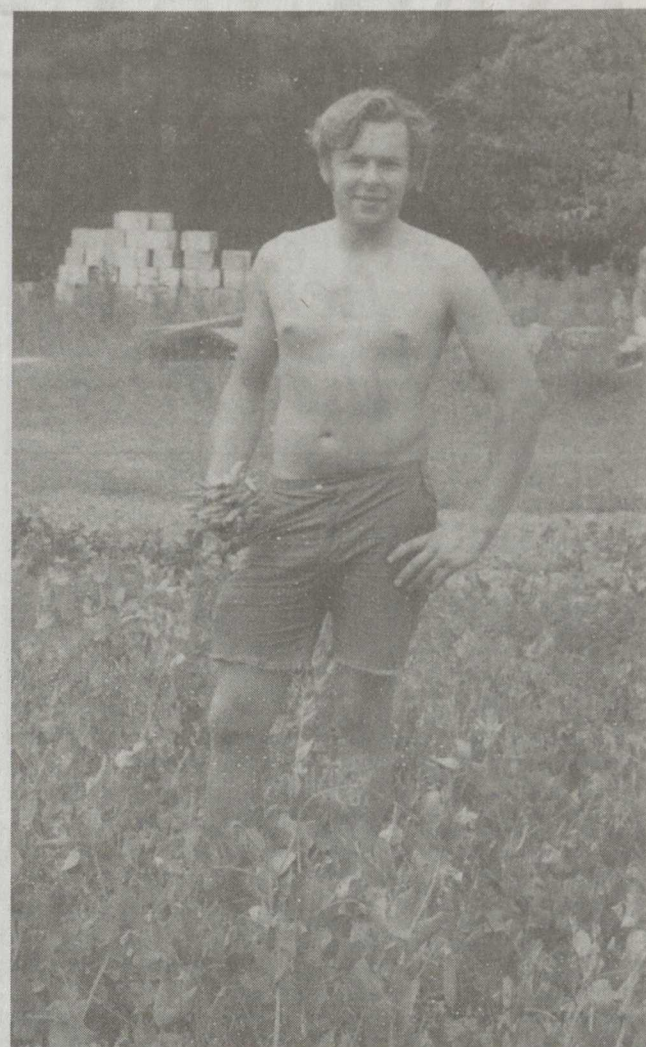
spoon contest in his book.

"For some reason, pea growing is quite popular in our town, to the extent that the editor of the local newspaper annually awards a 'mythical silver pea spoon' to the first gardener who harvests enough peas for a meal."

He failed to link the popularity of the peas with the contest.

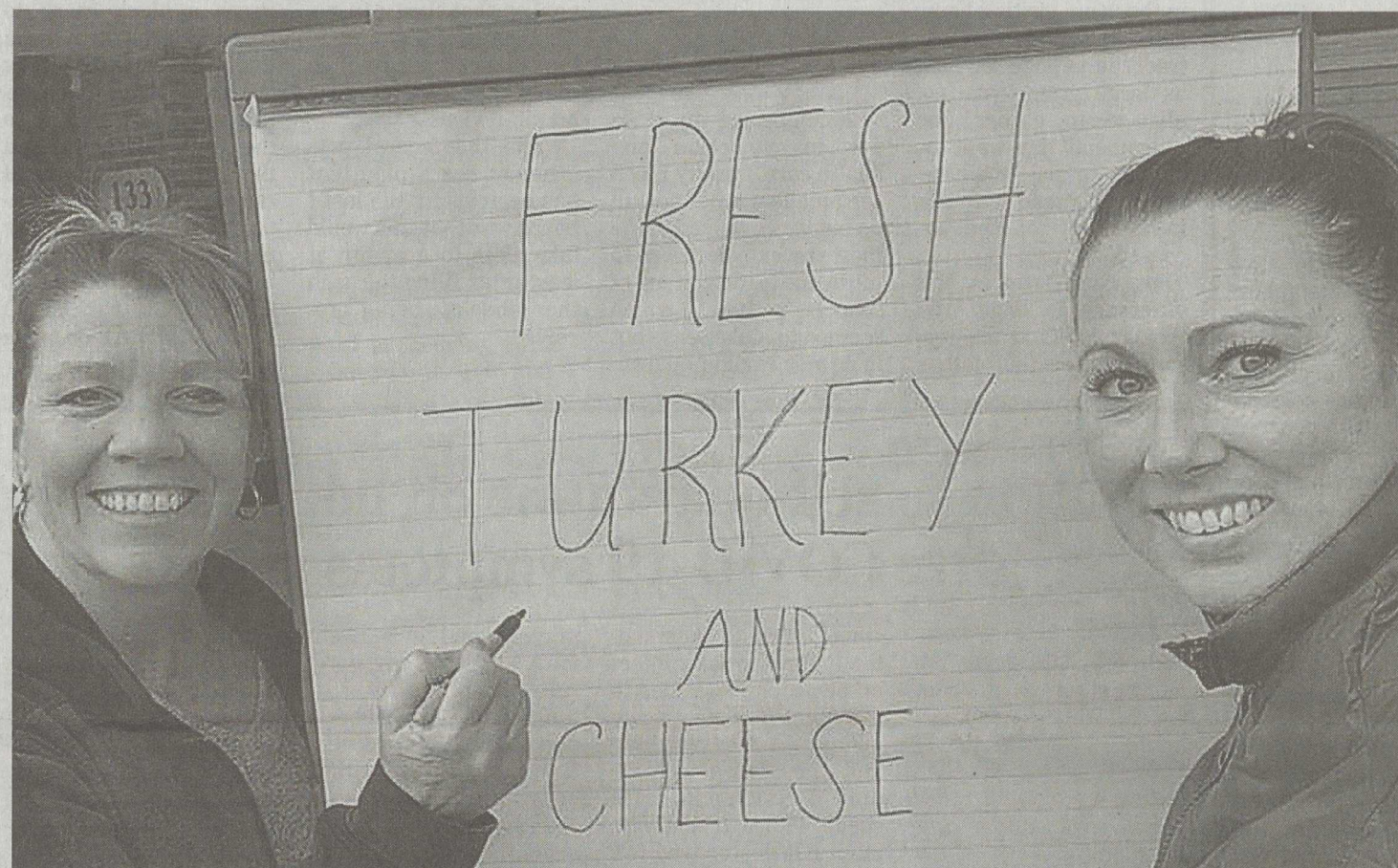
Some gardeners became inventive in pushing the date. Paul Morrice was growing his peas against a south-facing wall of his foundation. After he won the honor for two years running, Larz declared him a professional. No doubt others were carefully selecting varieties with an a short growing span. The seed catalogs provide that information, and some gardeners use it to extend their harvest season of any particular crop.

The earliest entry for many years came from Marion Seim, who would mail a pea pod in a small package. She was a former Wilmington resident and a *Town Crier* subscriber who lived in Maryland. Her late



▲ Ron Bodnar was the champion pea-picker of 1968, winning the Mythical Golden Pea Spoon for the second time. (file photo)

husband was Patrick Thibreau, who had been the town sanitarian. When he took a position with the U.S. Public Health Service, they moved to Maryland.



Free lunches available to students

Heather Crowley and Jessica MacKeen at the North Street School showing off their drive-through lunch menu. The Tewksbury Public Schools are offering bagged lunch each day from the North Street School parking lot from 11:30 a.m. - 12:30 p.m. Monday through Friday for all Tewksbury students. Grab and go includes sandwich varieties, salad and milk offerings.

(Courtesy photo)

Five students named to Dean's List at Norwich University

NORTHFIELD, VT — The following students from your readership area have been recognized on the Dean's List at Norwich University for the Fall 2019 semester:

- Eric Robert Gallant, Tewksbury
- Joshua Melanson, Tewksbury

- Julia Jean Masotta, Tewksbury
 - Paul Michael Farias, Tewksbury
 - Brenden Mark Ross, Wilmington
- Full-time undergraduate students, who earned a semester grade point average of at least 3.40 and had no failures in the pre-

vious Fall or Spring semester are awarded Dean's List honors. These students cannot have any pending Incomplete (I) grades. Dean's List honors are noted on the official transcript each term earned.

www.norwich.edu

Tewksbury town election rescheduled to Tuesday, May 6

TEWKSBURY — The Tewksbury Board of Selectmen voted to reschedule the April 4, 2020 annual town election to Saturday, May 16, 2020. The new voter registration deadline is Wednesday, May 6, 2020. The ballot remains unchanged.

Any absentee ballots already received or returned for this election will still be valid. If you have already received your absentee ballot, you do not need a new one. Under the Massachusetts Constitution, absentee ballots are available for all elections to voters who are disabled, out of town on election day, or have a religious belief preventing them from voting at their polling place.

A new law has been passed clarifying that any person taking precaution related to COVID-19 in response to a declared state of emergency or from guidance from a medical professional, local or state health official, or any civil authority shall be deemed to be unable by reason of physical disability to cast their vote in person at a polling location. You qual-

ify for an absentee ballot due to physical disability if:

- You are ill;
- You are confined to your home because you may transmit infection; or
- You cannot leave your home because you are a member of a population vulnerable to illness;
- You are staying in your home or avoiding your polling place as a precautionary measure in response to COVID-19.

The law has also been updated to allow early voting by mail for any election held on or before June 30. Early voting by mail is similar to absentee voting, but unlike absentee voting, no excuse is required. Applications for absentee ballots are available to be downloaded and printed, but you may also request an absentee ballot by writing a letter to your clerk's office, if you do not have access to a printer.

Be sure to include your name and address, the election(s) for which you are requesting a ballot, and your signature. If you need the ballot mailed somewhere other than your home, be sure to provide

that address. Early ballot applications are available for upcoming local and special elections now.

As with absentee ballot applications, any written request is acceptable. Completed absentee and early ballot applications must be submitted to the Town Clerk's Office.

Applications may be mailed: Town Clerk, 1009 Main St., Tewksbury, MA 01876

Hand Delivered: to the drop box outside the main entrance to Town Hall
 Faxed: 978-851-8610 or
 emailed: townclerk@tewbury-ma.gov

If you are emailing your application, you must be able to send an image of the application as an attachment, either by scanning it or by taking a picture of it. A hand-written signature must be visible. All mail-in ballots must be returned to the Town Clerk's Office by the close of polls on May 16, 2020 — a postmark is not sufficient.

Absentee ballots may be mailed or hand-delivered by a family member. Please be sure to allow enough time for the mailing of your application and your ballot.

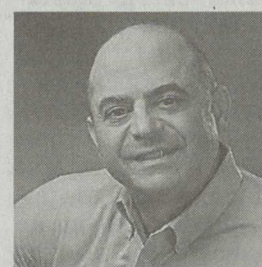


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Best way to contact us: email me directly at rob@robdcpa.com, or call 978-658-2150

I am Robert Digilio, I am a Massachusetts CPA and owner of a local CPA firm. I started this business about 8 years ago in Wilmington, MA. We have since moved to Main Street in Tewksbury. We do taxes for local residents in a positive, stress free, but

professional manner.

For those local small business out there, once this virus gets under control - prepare for take-off. We also provide bookkeeping services at very affordable rates and payroll services for small local businesses. We keep our client's books up and send monthly profit and loss statements and other reports upon request. You will be able to use your data for live business decisions. Let us handle these mundane tasks so you can focus on growing your business.

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Letters to the editor

Lift plastic bag ban to protect workers

To the editor

On the one hand this virus has me so concerned for Americans not to succumb to it and on the other I feel VINDICATED for my opposition to the plastic bag ban in Tewksbury.

Going back to Town Meeting my opposition was not concentrated on the big government getting part of the taxes (by the way, since then they have got five percent for state recycling programs instead of going to the produced and places that sells them who should have received the whole 10 percent).

My main concern was the reused bags from those who didn't keep them clean. Imagine being workers that have to bag the food with these bags now. God keep the workers and customers safe.

Massachusetts Food Association calls to lift plastic bag bans to protect workers

<https://www.bostonherald.com/2020/03/20/coronavirus-massachusetts-food-association-calls-to-lift-plastic-bag-bans-to-protect-workers/>

George Ferdinand

Good Guy Award postponed due to virus

To the editor,

Due to the ongoing uncertainty around the spread and dangers associated with COVID-19, the Wilmington Good Guy Committee has postponed this year's Good Guy Award dinner until a suitable time.

We are convinced that this year's winner will continue to serve the town and its residents in an

onymity until we are all able to gather in a healthy environment.

Until then, try to stay safe, Love thy Neighbor, and watch previous Good Guy Awards on Youtube or in the WCTV archives. Many of them are posted.

Thank you,
Wilmington Good Guy Committee

Everyone working together to prevent spread of virus

To the editor,

The Commonwealth's response to the COVID-19 outbreak has been matched only by the resilience of our citizens. We in the 19th Middlesex have come together in ways we haven't seen in generations. Social distancing, considering our most vulnerable neighbors, pop-up food drives, and other acts of courage and positivity can be seen all around us.

Governor Charlie Baker has waived the standard waiting period for unemployment insurance, giving access to many residents who cannot withstand even a temporary loss of income in these increasingly difficult times. There has also been a guarantee of \$20M in state backing for small business loans; with individual business qualifying for up to \$75,000.

Currently, there exists a bill, which I have signed onto, that would exempt the required usage of sick leave time if a first responder, CO, or nurse becomes infected while performing their official duties. MassBio and the Commonwealth have begun coordination efforts to address any possible shortages.

Personally, I have forwarded three reports from local nurses about hospital shortages to MEMA, which that agency has already begun acting on. Anyone facing these shortages, or who have a preexisting condition and runs

out of medicine, should call my office immediately.

Additionally, I have been working with MEMA, and local hospitals, to put our citizen experts to use in the fight to produce and maintain our ventilators. I am proud to say that our friends and neighbors have been volunteering to put their skills up against this invisible enemy.

On Monday the 23rd, Governor Baker made the call to ban gatherings of more than 10 people, equaling levels advised at the federal level. I, for one, feel that this was the right call at a pivotal time — and I implore that we all listen.

This is the single greatest health and economic crisis of our lives. We are living in a time of sudden and significant uncertainty. No one knows how and when this will end — but I know that it will end sooner if we all stick together. If our doctors and scientists, who are working hard for a vaccine and tirelessly for any pharmaceutical safety net, are the front lines then we are the homefront.

We cannot make their job any more difficult than it already is. Tewksbury and Wilmington are my home. We have all made a commitment to this community. And we will all find that commitment stronger on the other side of this. God bless.

State Rep. David Robertson

COVID-19 results in total different feel in so many areas

By PAUL ANDREWS

As we discussed this past week, *Town Crier* land seems to be "on hold" not exactly like following a huge snowstorm by one of "totally not knowing" when COVID-19 will leave our area, so that life can return to a "new normal" with some really sad losses.

Respecting our loved ones

Each night I read our paper, I find that more people locally have passed away not from COVID-19 but from natural causes, and that leaves so many families in such a strange situation as funeral homes need to handle these cases and families in a different way. While families want to say goodbye in the usual visiting hours and service, the age-long tradition is gone for now, as large groups are not allowed to gather and welcome all that want the chance to pay their respects or attend a service in memory of the deceased.

For most families this difference is huge. Yes, they understand the reason but this is their father,

mother, son or daughter. The entire understanding of the spread of a virus is for most of us impossible to understand, as we have been used to "the flu" and getting a vaccine to prevent getting the virus or many taking a risk of not getting the vaccine at all.

Since we have never seen such a situation as we see today, there is confusion as a pandemic is not understood. We see and hear of the spread of this virus in the so-called "metro areas" like New York and Los Angeles so we can begin to realize how fortunate we have been so far. Remember for our area a Biogen Company meeting in the Marriott Long Wharf in Boston was at least one of the major sources for the Boston area with 99 cases traced back to that meeting.

When will we get back to normal?

Remembering my skills are in education and health care, I pretty much see and hear what you all do but was involved in the most recent decision to move the cancellation of schools to May 4 which seemed to make sense but in no way would I guaran-

tee this date and some predict the 15 of May or in that area as being more accurate, not to mention those who feel schools will be closed until the end of the normal school year.

Superintendents, principals and all educators are ramping up their efforts to continue education for their students in many alternative ways in their home, as well as providing lunch for all who qualify.

Ramping up our stores that have been closed is something else as this will not be an easy process, as we begin to get the people out of their homes and back to normal doing their shopping and dining. While it makes one feel good to think this way, the other realistic issue is that so many people have lost finances that they can never replace. One fears the financial future of so many positions lost to a horrible virus.

While the federal government has a plan that has been voted, the last I heard was that this would take close to a month at least after filing to reach the checks being received.

JUST A NOTE: While we have maintained our mandated physical distance from each other, we have some Morning Pulse extractions to keep you thinking including: More than half of the US households have some investment in the stock market; Home health care workers fear coronavirus; Apple donating 9M face masks to US healthcare facilities; Despite low mortgage rates, the coronavirus is slowing the housing market; As coronavirus impact spreads, more home sellers and buyers think prices will fall; Science has proved drinking coffee helps improve brain functioning and slow aging; Apple may start to reopen stores in the first half of April; The coronavirus just doubled the number of mass bankruptcies; The Fed issues a blank check to push mortgage rates down; Coronavirus threatens the lives of rural hospitals already stretched to the breaking point and the isolation of physical (so called social) distancing is a way of life for many elderly Americans.

PLEASE STAY SAFE AND FEEL FREE TO E-MAIL ME AT andrews@massupt.org

Moulton to self-quarantine on doctor's orders after COVID-19 symptoms show

SALEM — U.S. Rep. Seth Moulton made the following statement about his decision to self-quarantine:

"On Thursday, I began feeling unwell with a low grade fever and a concerning tightness in my chest, to a degree I've never felt before, that lasted several days. I have also had a sore throat, though no serious cough, along with body aches and unusual fatigue. My wife Liz has had similar symptoms.

As a general precaution consistent with office policy, well before I began experiencing these symptoms myself, I had proactively instructed my teams in Salem and in Washington, D.C. (except for two essential members) to work entirely from home and self-isolate in order to mitigate the risk of spreading COVID-19.

"When it became clear in the last 24 hours that the House of Representatives might be called back in the coming days to vote on key legislation, requiring me to

travel back to Washington and potentially infect other people, I decided to call the VA, which is my primary care provider, and the House's Attending Physician. I also spoke with a friend who is an ER doctor who felt I should get tested immediately.

"But as the House doctor explained, I am 'symptomatic,' but because the symptoms are minor and a test would not change my treatment protocol, my wife and I don't qualify for tests. As a result, and out of an abundance of caution, I will follow my doctors' direction and continue to stay home and self-quarantine until I hit seven days after my symptoms started to improve and I do not have a fever for 72 hours.

"Unless my symptoms take a turn for the worse, that would be this Saturday. This applies to Liz as well, and we're happy to report that Emmy has no symptoms at all; she's 18 months old and children typically show no symptoms of COVID-19. I have been steadily im-

proving and even went for a run yesterday, carefully keeping my distance from others, but I don't want to risk the chance that I pass this, or whatever other respiratory illness I have if it is not the coronavirus, on to a colleague or fellow traveler. It's our responsibility — all of ours — to stop the spread of this virus and help flatten the curve.

"I'm making this public because I will potentially miss some important votes as a result. I will make very clear my position on those votes ahead of time, and I'll continue fighting for health care workers who need PPE, for the unemployed who still need to put food on the table, for the sick who need respirators and access to care, and for small businesses who are the lifeblood of our economy.

"Our team has been out in front of this pandemic on all fronts, calling for schools to shut down and Congressional tours to stop in the early days; providing the first com-

prehensive email updates to our constituents a month ago, which continue every week; and standing up a preeminent scientific advisory panel who are helping me form policy to respond to this crisis.

"We were also the first Congressional office to implement a 3-level coronavirus operations plan and call for contingency planning in the House.

"Leadership must be personal as well, and I hope others who have mild symptoms will also self-quarantine and follow doctors' orders. People with symptoms should be tested, and the fact that tests are not available for Liz and me and far too many other Americans, a month after I wrote to the Vice President demanding more widespread testing, is a major failure of the Administration that I will continue fighting to fix.

"We will get through this pandemic by working together from home, and we'll be a stronger country on the other side."

Winchester Hospital nurses appreciate donations

To the editor,

The Winchester Hospital nurses would like to thank the following businesses for their prompt donations of gloves and paint suits:

- Home Depot Tewksbury
- Rt 38 Tattoo

- Sherwin-Williams Paint Wilmington
 - Wilmington True Value
 - Home Depot Reading
- These donations were very appreciated.

The Winchester Hospital Nurses

~Recycling Tip of the Week~

Load your purchases into reusable bags at your car if the store is handing out plastic.

Donation locations are closed now but save your items for when they reopen, and only donate items in good, reusable condition. Don't "wishcycle," thinking someone can fix or clean the item. Do not flush cleaning wipes, baby wipes or per-

sonal wipes down the toilet. They are NOT biodegradable despite the label and they clog the sewer pumping stations. Please throw these items in the wastebasket. Don't cause a sewer backup in your neighborhood.

Non-expired food and toiletries are appreciated at the food pantry drop box at 999 Whipple Road.

Town Crier

Tewksbury - Wilmington

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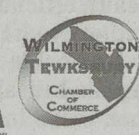
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All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.

Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.

OBITUARIES

Jean M. King

Avid bowler who accumulated many trophies

Jean M. King, age 91, formerly a long-time resident of Wilmington, passed away peacefully on March 24, 2020, at the Life Care Center of Billerica.

Jean was born in North Adams on April 16, 1928; she was raised in North Adams during her early years before moving with her beloved mother to Jamaica Plain, where she was raised and educated.

Jean married her "sweet-heart" John King and moved to Wilmington where they raised three wonderful children. Jean was a very devoted, attentive, hard working and loving wife, mother, grandmother and great-grandmother. She looked forward to the time she spent

with her family, sharing many holidays, vacations and special occasions with them.

Jean was also known to be an avid bowler throughout the years, accumulating many trophies for her excellent bowling skills.

Jean will be fondly remembered as a wonderful lady; she was sweet, kind and caring towards her family, friends and neighbors who will miss her dearly.

Jean was the beloved wife of the late John King, devoted mother of Susan Bianchini and husband Al of Billerica, Dale King and wife Joyce of Arizona and the late John King Jr.

Loving "Meme" of Joanna Bianchini and Mi-

chael Ozolins, Nicole Canning, Kristal King, Sharlene King, Christine King, Tina Hassan, Douglas Taylor and many great-grandchildren including David Roy and Dominick Canning.

Jean was the cherished daughter of the late Myrtle Eckler Rugg, dear sister of Mabel Rogers, Dorothy Jenkins, Russell, Edward and William Barcomb.

Special aunt of Helen Martel, Diane Deaton, Elsie Saraglow and Francis Rogers.

Jean is also survived by many Good friends including Josephine Bianchini.

At Jean's request all services will be private.

In lieu of flowers, dona-



tions in Jean's memory may be made to the Wilmington Fourth of July Committee, c/o David Hall, 45 Arlene Ave., Wilmington, MA 01887.

Funeral arrangements are under the direction of the Nichols Funeral Home, Wilmington, MA.

www.nicholsfuneralhome.com

Philip W. Sullivan

Worked at the IRS for 30 years

Philip W. Sullivan, 77, of Durham, NH passed away peacefully on March 21, 2020 at Portsmouth Regional Hospital following a long illness.

Phil was born in Woburn on Oct. 1, 1942, the son of Mr. and Mrs. Philip Patrick Sullivan. He was a member of the Wilmington High School graduation class of 1960.

Phil was employed by the Internal Revenue Service for 30 years prior to his retirement.

Phil was the Chairman of the Board of Directors of Northeast Credit Union.

He was actively involved in the credit union for 40 years.

Phil enjoyed skiing, boating, hunting and fishing, photography, camping, cooking, and was an avid reader.

Phil is survived by his loving wife of 41 years, Shirley King Sullivan, his loving sister Carolyn Harris and her husband Gregory of Wilmington, and North Conway, NH, his nephew, Jason Harris and his wife Sarah of Wilmington, his cousins, Cynthia Gelston of CT and Sylvia Davis of SC, his

brother-in-law, Ronald King and his wife Janine, brother-in-law Paul Barrett and his late wife Arlene King Barrett of Wilmington.

Phil is also survived by his loving nieces and nephew, Jean Barrett and her husband Eric Baldi of Wilmington, Kellie McHugh and her companion Jerry Capaldi of Tewksbury, Paula Barrett of Melrose, Justine Sutton, Michael King and his wife Erin, Emily Viera and her husband Joseph all of Wilmington.

Phil is also survived by 14 great-nieces and neph-

ews.

Contributions may be made in Phil's name to New Hampshire Society for the Prevention of Cruelty to Animals (NHSPCA) 104 Portsmouth Ave, Stratham NH 03885 or a charity of ones choice.

Burial service will be private. A memorial service will be held at a later date. Arrangements are under the direction of Wiggan-Purdy-McCooey-Dion Funeral Home, 655 Central Ave. Dover NH 03820

To sign an online guest book, visit purdyfuneralservice.com



of Elise Semmler of Wilmington, grandfather of Robert C. Semmler III and Kirsten Semmler as well as his two great-grandchildren.

He was the brother of the late Mildred Salvo and Madelyn Burgess. Bob is also survived by his nieces, nephews, cousins and friends.

Due to the current situation with the coronavirus and for everyone's safety, Bob's family has chosen to have a private service at this time.

In lieu of flowers, donations in Bob's memory may be made to the Wilmington Senior Citizen's Center, 15 School St., Wilmington, MA 01887 or to Local Heroes, Inc., P. O. Box 536, Wilmington, MA 01887.

Arrangements are under the direction of the Nichols Funeral Home, 187 Middlesex Ave., Wilmington, MA. www.nicholsfuneralhome.com

Robert Charles 'Bob' Semmler

Served in the Navy during WWII

Robert Charles "Bob" Semmler, age 94, a resident of Bear Hill Nursing Center in Stoneham, formerly a long-time resident of Wilmington, passed away on March 30, 2020, at the age of 94.

Bob was born on Dec. 4, 1925, in Rye, New York; he was the dear son of the late Charles and Freida (Meyers) Semmler. Bob, along with his sisters, Mildred and Madelyn, were raised and educated in Harrison, New York.

His mother passed away when he was a young boy and the children moved to the family farm in Montville, Connecticut to live with their grandparents.

Bob was a hard worker and quickly learned how to be a farm hand; he was active with various farm chores like tending to the animals, bailing hay, plowing fields and chopping wood.

Bob enlisted in the United States Navy just two days shy of his 18th birthday to serve the country as they entered World War II. Bob worked as a fireman and electrician during his nine-year stint in the Navy. He served aboard various vessels including the USS Yellowstone AD-27, a Shenandoah Class Destroyer, The USS O'Neill DE-188, a Cannon Class

Destroyer and other Naval vessels.

Bob traveled the world from Italy to Japan and was awarded several medals for his honorable service. He spent time in the Pacific and was fortunate that his ship was outside of the harbor when Pearl Harbor was bombed. Bob did sustain an injury while in Hawaii on active duty when his ship was shelled, and he spent time recuperating there. Bob was honorably discharged in February of 1950.

During his time in the Navy, Bob met his future wife Doris Chapman, a shipmate's sister who lived in Boston and the couple hit it off right away. They wed in 1947 and settled in Somerville with family while they saved for a home.

Bob worked hard in a steel plant and the couple were able to purchase their home in 1961 in Wilmington. Bob and Doris soon became parents to two wonderful children who he loved dearly.

Bob took pride in his home where he enjoyed gardening, growing vegetables, repairing radios and doing his own carpentry around the house; he was fondly known as a "jack of all trades." Bob was also a good mechanic who fixed countless cars for family, friends and neighbors

throughout the years; even throwing in free vegetables from time to time.

Bob worked hard throughout his whole life; when he left the steel plant he went to work for B & M Railroad as a pipe fitter where he performed maintenance and repairs on all kinds of trains. He later took a similar position for Amtrak where he was a valued employee as well as a good friend to many.

Bob will be fondly remembered as very outgoing, social and friendly; he became involved in the Wilmington Senior Center in 2005 where he enjoyed participating in their many activities, his favorites being Bingo and watching any and all Western movie classics.

When Bob's health declined, he went to stay at Bear Hill Nursing Center in Stoneham where he quickly became part of their daily socializing and activities. He loved to play poker, do crafts, spend time with his new friends and of course play Bingo.

Bob was a wonderful, sweet man who will forever be in the hearts of those he loved.

Bob was the beloved husband of the late Doris (Chapman) Semmler, devoted father of Robert C. Semmler II of Chandler, AZ and Susan Frank of Wilmington, father-in-law

higher, based on 12 or more credit hours of work in classes using the letter grade system.

Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

	1			7			9
7	2	6		9	4	5	
				1	5	6	7
9				2			
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				5			3
	9	4	5	8			
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3			6				5

4/1

HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

7	9	6	2	1	9	1	8	3
9	8	3	6	7	1	2	1	9
1	2	1	3	8	9	7	6	9
3	9	1	1	9	6	8	7	2
9	6	2	8	3	7	1	9	1
1	7	8	9	2	1	3	9	6
2	1	9	9	1	8	6	3	7
8	1	9	7	6	3	9	2	1
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NOIINTOS

ACROSS

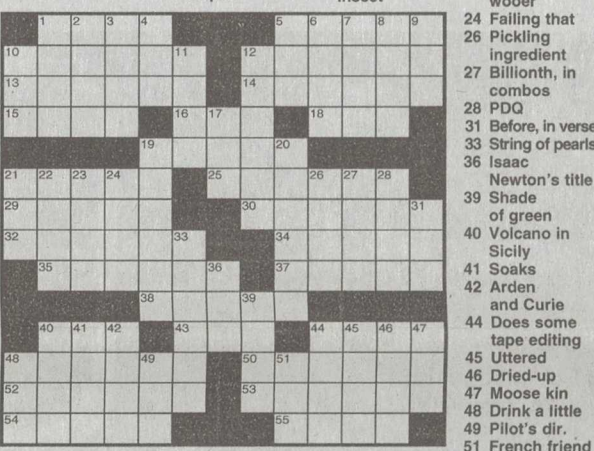
- 1 Impose taxes
- 5 Game of strategy
- 10 Mummy locale
- 12 Hot dog
- 13 Hun leader
- 14 Steers clear of
- 15 Harlow or Stapleton
- 16 Traipse
- 18 Cookbook ant.
- 19 Scorch
- 21 Tiny part
- 25 Stetson wearers
- 29 Undersized
- 30 Expand
- 32 Many sculptures
- 34 Some eclipses
- 35 Bloodhounds' clues
- 37 Steal the scene

DOWN

- 38 Tough work schedule
- 40 Fleece-giver
- 43 Onassis nickname
- 44 Prescription info
- 48 Sealal or Spielberg
- 50 Tree with shiny leaves
- 52 Have in view
- 53 Leave on a trip
- 54 Not chic
- 55 Wight or Capri



NOIINTOS



4-1

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The new look of nicotine addiction: an education session for parents

TEWKSBURY — The New Look of Nicotine Addiction: An Education Session for Parents takes place on Tuesday April 7, 2020 4:30 p.m. - 5:30 p.m. Presentation will be on Zoom!

• Visit the link to join: <https://zoom.us/j/446295884>

• If you don't have a computer, tablet, or smartphone, dial (646) 558-8656 and enter Meeting ID: 446 295 884

• Vapes and e-cigarettes are not harmless. Yet in 2019 more than half of high school students in Mass. reported ever using vape products.

• What are these products? How can you protect your kids? What does the new tobacco law in Mass. do? Join this presentation to get the answers!

Presenter: Ashley Hall, MS, Program Manager of the Northeast Tobacco Free Community Partnership

Contact: For or questions about the presentation contact Maria Ruggiero at mruggiero@tewbksbury-ma.gov or 978-382-4989

This presentation is sponsored by FOCUS of Tewksbury and Wilmington, a sub-group of the Prevention Professionals of Northern Middlesex



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Four students named to Dean's List at Simmons

BOSTON — The following local residents were named to the 2019 fall semester dean's list at Simmons University in Boston.

- Bianca Boschetti of Tewksbury
- Amanda Rekkie of

Tewksbury

- Riley Cowan of Tewksbury

- Julia Hartnett of

Tewksbury

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or



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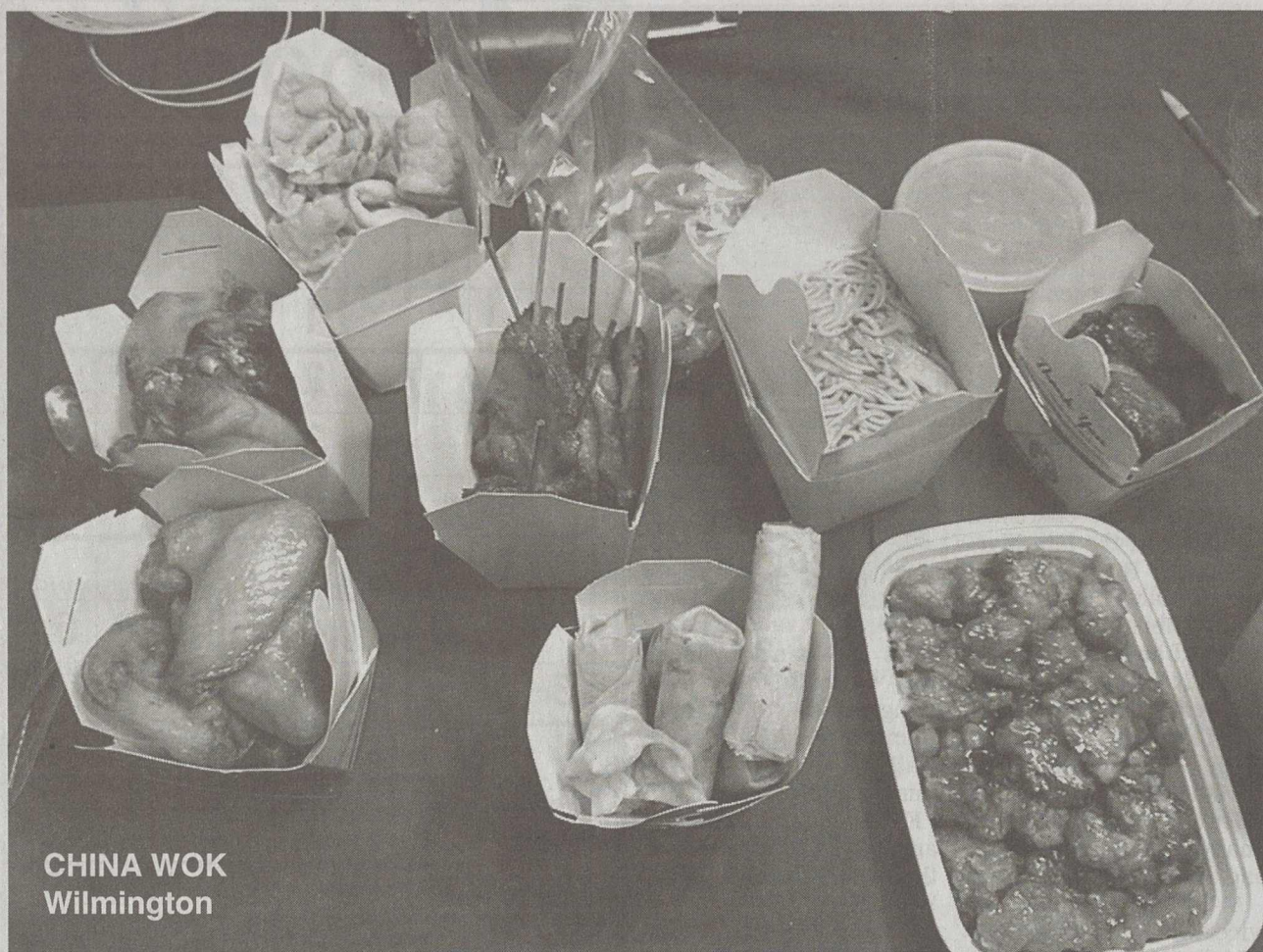
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Participate in our "TAKEOUT BLITZ" contest by posting a photo of your takeout meal and/or gift card purchased from any of our local restaurants. Be creative, have fun, and be sure to post your photo on our Wilmington/Tewksbury Chamber of Commerce Facebook page.

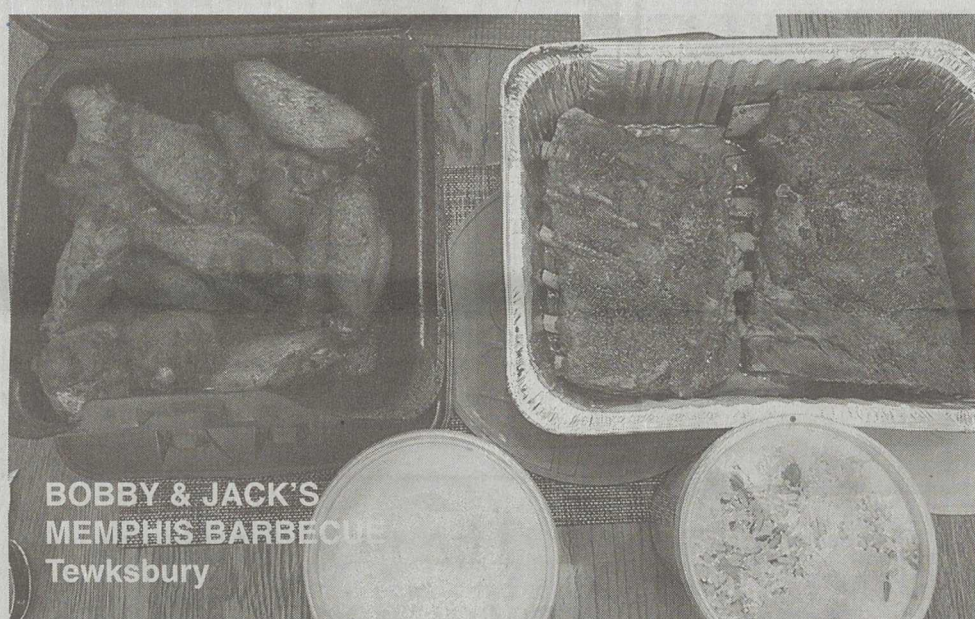
8 participants will win a local restaurant gift card.



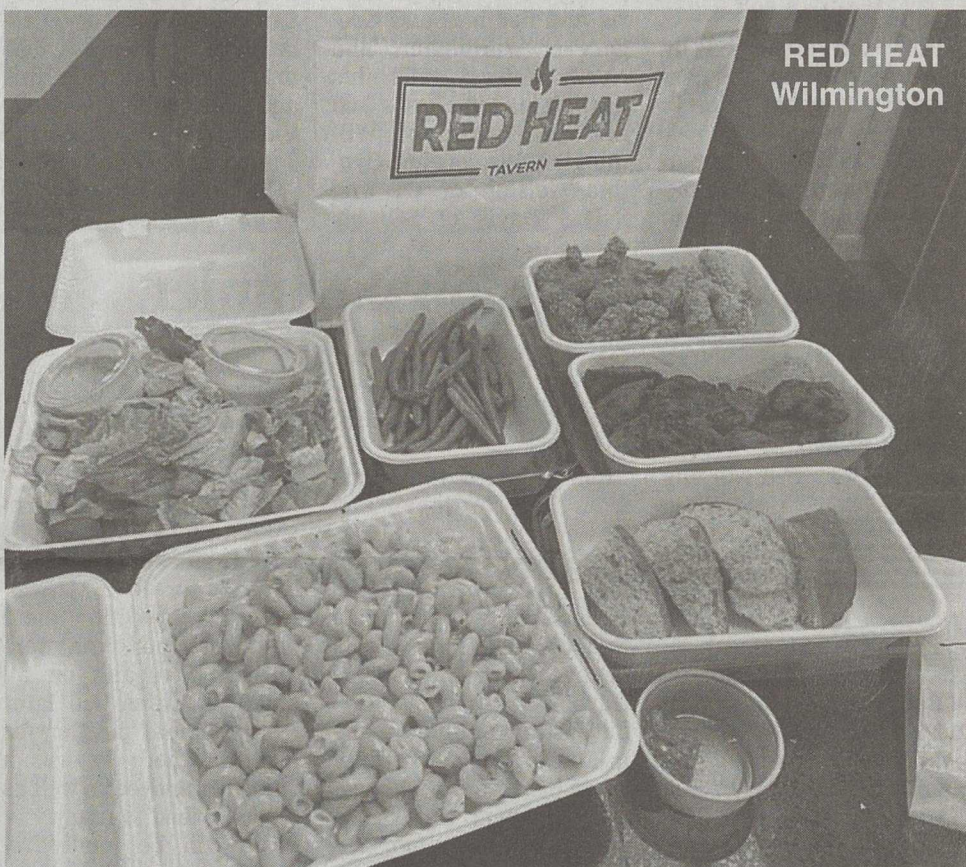
PANCHO'S CANTINA
Wilmington



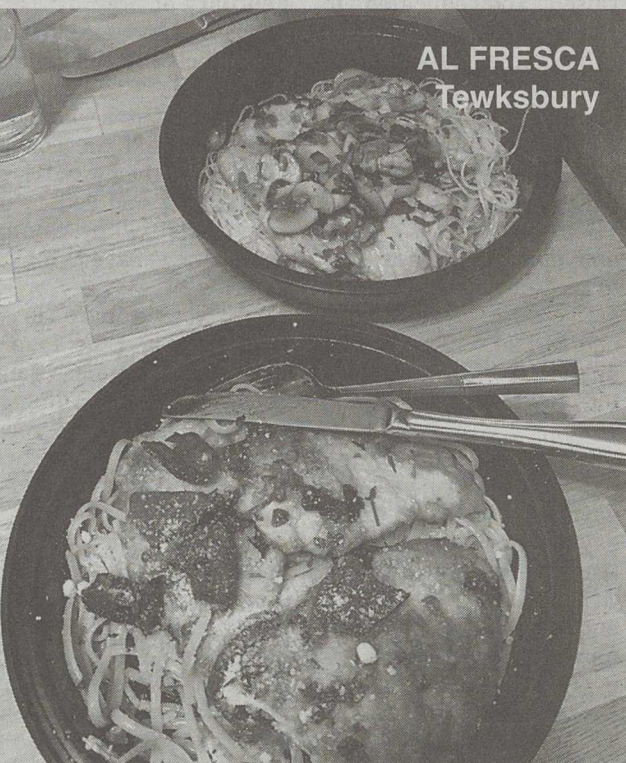
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A family of service minded people intent on helping the community in many ways, the Deputat family has helped charter and is a member of several civic organizations in Tewksbury.

When one visits the funeral home one is steeped in the town's history. The building was built over a century ago and has been in the family well over half that time. Lovingly restored and improved by hand by Walter Deputat, the facility is designed to accommodate large and small gatherings, all in the comfort of our up-to-date building.



We invite families to contact us in time of need or for preplanning. We are dedicated to providing the very best facilities, a full range of merchandise, and the finest funeral services at a reasonable cost.

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Tonra named to Dean's List at Seton Hall University

SOUTH ORANGE, NJ — Seton Hall University is pleased to announce Ryan Tonra of Wilmington has qualified for the Fall 2019 Dean's List.

After the close of every semester, undergraduate students completing all courses with a GPA of 3.4, with no grades lower than "C", qualify for the Dean's List.

As one of the nation's leading Catholic universities, Seton Hall has been showing the world what great minds can do since 1856. Home to over 10,000 undergraduate and graduate students and offering more than 90 rigorous majors, Seton Hall's academic excellence has been singled out for distinction by The Princeton Review, U.S. News & World Report and Bloomberg BusinessWeek.

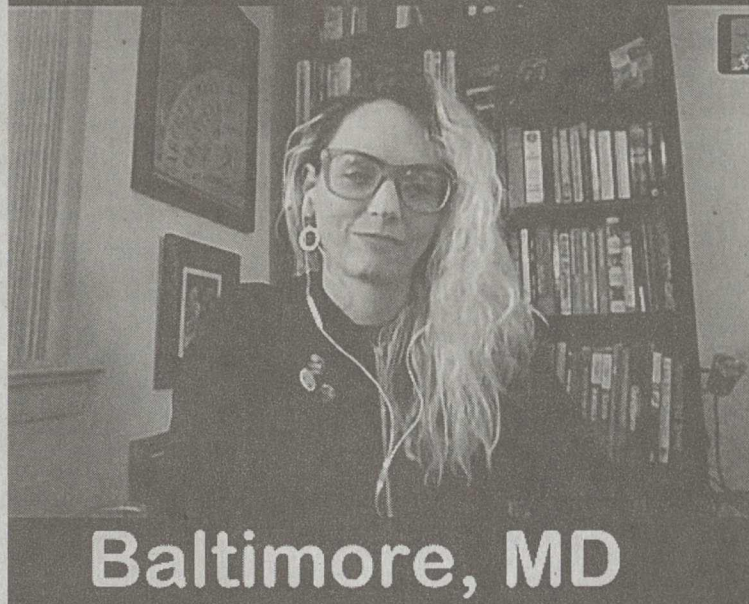
One of the country's leading Catholic universities, Seton Hall University has been a catalyst for leadership — developing

students in mind, heart and spirit — since 1856. Home to nearly 10,000 undergraduate and graduate students and offering more than 80 rigorous majors, Seton Hall's academic excellence has been singled out for distinction by The Princeton Review, US News & World Report and Bloomberg BusinessWeek.

Seton Hall, which embraces students of all religions, prepares its graduates to be exemplary servant leaders and caring global citizens. Its attractive main campus is located in suburban South Orange, New Jersey, and is only 14 miles by train, bus or car to New York City, offering a wealth of employment, internship, cultural and entertainment opportunities. The university's nationally recognized School of Law is prominently located in downtown Newark.

For more information, visit www.shu.edu.

Author Shawna Potter (left) and Book Stew host Eileen MacDougall (Courtesy photo)



Baltimore, MD



WCTV

The April episode of Book Stew features guest Shawna Potter, musician and author of the essential guidebook *Making Spaces Safer: A Guide to Giving Harassment the Boot Wherever You Work, Play, and Gather*.

As a member of the band War on Women, Shawna has encountered many situations, inside clubs or on

Stay safe in any place

the street, where she has been prevented from feeling safe and comfortable by the misbehavior of others. And it's not just women — people of color have also always been subject to the same destructive mistreatment.

Host Eileen MacDougall

and Shawna discuss the Five Ds of Bystander Intervention and additional strategies for reducing toxic intimidation and for protecting others.

Please check out the new Book Stew episode on WCTV on Tuesdays at 1 p.m., Wednesdays at 8 p.m.,

Friday at 7 p.m., and Saturdays at noon. Also available on demand:

Video: <https://wilmington.vod.castus.tv/vod/?video=05d8eee4-7e0c-4039-9342-858657100e1c>

Podcast: <https://soundcloud.com/wctvpodcasting/book-stew-ep-79-shawna-potter?in=wctvpodcasting/sets/book-stew>

Schools moving arts programs online due to coronavirus

MUSIC FROM PAGE 1

"We are VERY conscious about how the lack of every day community is affecting our students. We address this daily. Some students are thriving while others struggle a bit with the discipline of monitoring themselves at home. Overall, our students have been amazing through this, and really open to new ideas and situations. While we all can certainly

feel a bit of panic or anxiety about the situation, I think that our school has been amazing about keeping a regular schedule and keeping things as normal as possible for our students during this time."

However, it's not just the students who are nervous. Soderquist also explains how she is feeling as an educator during this shift.

"Honestly, my first reaction was a bit of panic because I know that groups

cannot be rehearsed online. However, I've reached out to numerous online educator communities as well as taken some online courses to help guide me through this process. We had a Spring Concert planned for May 15, which obviously cannot happen. My response to that was to create a hybrid online concert with some pre-recorded pieces from my classes and live performances from our graduating seniors. The students seem really excited about it, and I'm incredibly proud that we've found a workable solution."

Students have also had to deal with event cancellations they have been looking forward to, Soderquist stated.

"As of right now, the State of Massachusetts has schools quarantined until May 4, with an unseen future. Obviously, this

affects things like our spring concert, graduation, and sadly, our school was a semi-finalist in Dramafest, which has been indefinitely postponed."

Soderquist also provided some guidance for performing educators who are stressed about this transition to online learning.

"My advice is simple: it's never a bad thing to go back to basics. Teaching music theory and ear training during this time is invaluable. Also, don't be afraid to try new things. There are plenty of apps and resources for conducting virtual choirs and bands. It can be done. If you love what you do, you'll find a way to make it happen."

Soderquist would like to see more teachers take advantage of technology to combat school cancellations.

"I think this is an incred-

ible time for students to learn about technology, online recording, and resourcefulness. It's disappointing to me to see so many schools not continuing online studies. I am extremely proud of The Academy at Penguin Hall for rising to the challenge. We have so many amazing, brilliant, and creative teachers, and that can be seen in the way we deliver our curriculum to our students every day."

She also provided helpful websites for students who are studying performing arts.

"For those students who don't have access to their teachers, there are a number of amazing and free online programs to utilize. For music theory and ear training, there's musictheory.net, harmonia.illiacsoftware.com, tonedear.com, earmaster.com, and on line.berklee.edu/free-music

-course-resource."

Finally, Soderquist imparts some wisdom to performing arts students who are stressed about how they will continue their education online.

"There are always ways to continue your education online. If you've gone beyond the basics, you can check out sites like cours-era.org, udemy.com, and khanacademy.com for more advanced and very specific music disciplines. There are a number of groups on Facebook and Instagram, etc, where you can continue to perform and collaborate with others. Use this time to continue to be the best musician you can. There's so much music to make and so many places where you can make it. Be creative, be thoughtful, and be inventive. You'll be proud of yourself for finding ways to continue to create!"

LEGAL NOTICES ARCHIVE

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www.homenewshere.com OR masspublicnotices.org/Search.aspx

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

MIDDLESEX DIVISION

INFORMAL PROBATE
PUBLICATION NOTICE

Docket No. MI20P0916EA

Estate of:
Robert Lawrence McHugh, Sr.
Also Known As:
Robert L. McHugh, Sr.,
Robert Lawrence McHugh,
Bob McHugh
Date of Death:
January 25, 2020

To all persons interested in the above captioned estate, by Petition of Petitioner William

J. Liston of Wilmington MA a Will has been admitted to informal probate.

William J. Liston of Wilmington MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner. 200372 4/1/20

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

Middlesex Probate and Family Court
208 Cambridge Street
Cambridge, MA 02141
(617) 768-5800

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI20P1451EA

Estate of:
Victor George Sawyer
Also known as:
Victor G. Sawyer
Date of Death: 11/06/2019

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Victor J. Sawyer of Wilmington MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Victor J. Sawyer of Wilmington MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 04/16/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED
ADMINISTRATION UNDER
THE MASSACHUSETTS
UNIFORM PROBATE
CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court. Date: March 19, 2020

Tara E. DeCristofaro,
Register of Probate
200359 4/1/20

Daily Times Chronicle

WOBURN • WINCHESTER • BURLINGTON
READING • WAKEFIELD

The Stoneham Independent

Town Crier
WILMINGTON • TEWKSBURY

Spring HOME
IMPROVEMENT

April
May
October
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SPECIAL
SECTION



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In Wilmington or Tewksbury call Bruce Hilliard at 617-939-6870

Hands-free driving grace period ends April 1

Reminder: the grace period for hands-free driving ends April 1.

Officers will be giving warnings in an effort to educate motorists. After this grace period:

1st offense - \$100 fine.

2nd offense - \$250 fine, plus mandatory completion of a distracted driving educational program.

3rd and subsequent offenses - \$500 fine, plus insurance surcharge and mandatory completion of distracted driving educational program.

For more details on the law please visit the link to the state's website, <https://www.mass.gov/service-details/hands-free-law>.



Social distancing the fun way

Residents of Patches Pond Lane enjoy a neighborly game of trivia, while adhering to the social-distancing guidelines.

(Courtesy photo by Jim Diorio)

BOSTON — Allison Daniliuk, a native of Wilmington, has been named to the Emerson College Dean's List for the Fall 2019 semester. Daniliuk is majoring in Media Arts Production and is a member of the Class of 2021.

The requirement to make Emerson's Dean's List is a grade point average of 3.7 or higher.

Daniliuk named to Dean's List at Emerson

About Emerson College Based in Boston, opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged

leadership in communication and the arts, a mission informed by liberal learning. The College has 3,780 undergraduates and 670 graduate students from across the United States and 50 countries. Supported by state-of-the-art facilities

and a renowned faculty, students participate in more than 90 student organizations and performance groups.

Emerson is known for its experiential learning programs in Los Angeles, Washington, DC, the Netherlands, London, China,

and the Czech Republic as well as its new Global Portals, with the first program launching this fall in Paris and the second next year in Switzerland. The College has an active network of 39,000 alumni who hold leadership positions in communication and the arts.

For more information, visit emerson.edu.

By **ROBIN CZARNIECKI**

As of Sept. 1, 2019, Wilson Wolfe Real Estate has relocated their local business to 402 Main St. in Wilmington. This location was chosen in large part for the building's storied history.

The building was Wilmington's first post office back in 1928 until the mid-1950s. When searching for a new location, Catherine Wilson, broker/owner of Wilson Wolfe was search-

ing for an existing space in the town's center to help foster a warm, community feeling for her business that echoed Wilson Wolfe's long standing service to the community.

The 402 Main St. location is centrally located in town and is directly adjacent to the commuter rail station and parking lot. Wilson wanted a location where

she could continue to serve the community's real estate needs while also giving back to the community that has been so good to her.

It is her hope that she can share the space with local groups that need it. They are excited to be hosting Wilmington's recently established book club geared towards sup-

port and recovery issues this June and will also serve as an additional drop spot for the Wilmington food pantry.

Wilson Wolfe is dedicated to giving back to the community who has trusted and supported them over the past 20 years and contributed their continued success. Their office also offers free wi-fi to their guests and customers, has an inviting lounge area with lap top tables and a complimentary beverage and snack bar.

Like their sign says at the front door, "Come in, we don't bite!"

Why is it important that they repurposed a historical building?

Terry McDermott of the Wilmington Town Museum said, "It is always a wonderful thing when a vintage structure can be repurposed, especially since so often the alternative is demolition!"

Towns very often end up tearing down historical buildings because people would rather have new offices or new residential properties as opposed to old.

McDermott continued, "Wilmington actually has a history, at the municipal level, of reusing buildings, maybe more than other towns. Our Town Hall is a former school, our Public Buildings Dept. is the former Fire Department, our Arts Center is the former Town Hall, the Senior Cen-

ter is a former school, our school department office is in the Roman House, a repurposed 19th century residential building."

In the words of Catherine Connolly, Wilson Wolfe Realtor and daughter of Catherine Wilson, "Wilson Wolfe is adding to Wilmington's tradition of reusing, repurposing, and reimagining historical buildings."

Patrick Giroux, realtor for Wilson Wolfe and grandson of the late William Wolfe — founder of the company — said, "My grandfather started Wilson Wolfe with the intention of not only assisting those through the buying and selling process, but also with the intention of welcoming and acclimating folks to our great community, this new location expands on his original belief of acclimation and we hope this new office serves as a starting point for everyone who will call Wilmington their new home."

Wilson Wolfe's new location is a wholesome symbol of hope for Wilmington and the clients the company has helped and will continue to help in the future.

Giroux, a member of Wilmington's economic development committee, also notes, "The new location adds a positive addition to the town's economic development as Wilson Wolfe continues to grow the fam-

ily business and further commit ourselves to the town we all call home. As a third generation Realtor, I'm proud to work for a company that invests in the town we serve in many ways including utilizing an important landmark in Wilmington's history while sustaining its historical presence."

While 402 Main St. may have gotten its title as a historical building from being a former post office, the building's history goes back a bit further than that. When it was originally built around 1903, it was a real estate office for Wilmington resident Henry Hiller.

For decades starting in the 1960s after Hiller's ownership, the current owner of the building, Mathias Bedell, also a long time Wilmington resident, ran his insurance company out of the space. However, it appears this location was meant for real estate with Wilson Wolfe bringing it back to its original roots.

While the exterior has maintained its historical integrity, the interior is now conducive to running a business in 2020.

In a joking statement, Connolly said Wilson Wolfe was to be the "beginning of the Renaissance" for sprucing up Main Street.

All kidding aside, I hope she is right. All it takes to bring a historical building back to life is a good heart and a touch of imagination, which is exactly what Wilson Wolfe accomplished.

Wilson Wolfe revamps historical building

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European trip could go on next year

TRIP FROM PAGE 1

said. "Even some of our parents of juniors are not sure that they would like their student... to take a trip next year, even if we do postpone."

A trip has already been approved next April. Peters said, if the district changed the location of that trip to England, the agency and families could both be notified of the change and families could make a decision based upon that.

According to WHS teacher and trip liaison Maura Tucker, the anticipated trip for April 2021, which had originally been planned for Austria, has not yet been advertised to students. As such, the trip location can still be changed at this point.

Committee member Steve Bjork asked if state author-

ities could be expected to step in and change regulations regarding how travel agencies are handling cancellations.

"With everything going on, it wouldn't surprise me if that's something we end up seeing down the road," said Brand.

"My understanding is that we're in better shape than some of the other companies, in terms of what they're offering families," he added.

Committee member David Ragsdale asked what would happen if the rescheduled trip was unable to be run due to low participation. Low participation would indicate fewer than six students had signed up for the trip.

"It's very rare that Explorica would cancel their own trip, and that seems to be the only time parents would get a full refund,"

said Tucker.

Tucker added that families would have 110 days before the postponed trip to transfer the voucher to another student's name or cancel under the COVID cancellation policy. If families choose to postpone and next year's trip doesn't happen, Tucker said families would get a refund at that point. With the trip postponed, families have until 110 days prior to the rescheduled date to make a decision.

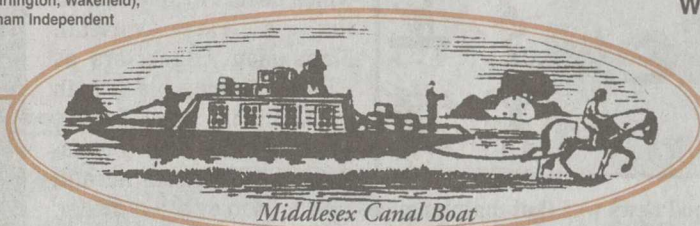
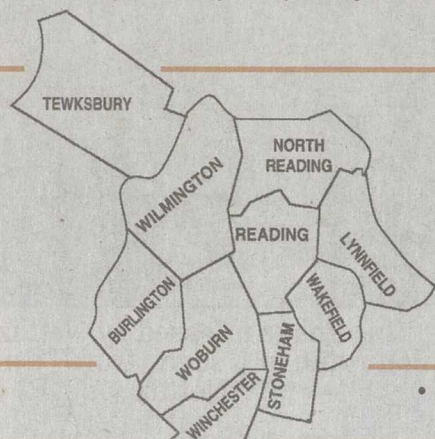
Tucker also said she is not fully sure what will happen in the case that Explorica is not still in business next year, and parents have chosen to accept vouchers.

"What I would just suggest is that if parents are going to cancel, that they cancel as soon as possible," she said.



MIDDLESEX EAST appearing in Daily Times - Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield), Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent

WEDNESDAY/THURSDAY, APRIL 1, 2, 2020 - PAGE B-1



Middlesex East

A weekly regional section reaching 10 communities

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Up to 140,000 Readers each Wed./Thurs. in 10 Communities

Local News Provided By Local People

By JAKE COYLE AP
Film Writer

Movie Reviews & Box Office News

'Uncorked,' a full-bodied coming-of-age tale

The wine movie is not exactly known for a bouquet of tasting notes. From "Wine Country" to "Bottle Shock," they are usually light, amiable movies that amble through sunny fields of vines. "Sideways," of course, is the choice vintage, but most

come and go about as quickly and breezily as a bottle of pinot. "Uncorked," the directorial debut of veteran TV writer Prentice Penny, also

has a relaxed vibe but it brings some new elements to the table. For starters, it's not about white people. That

Movie TO B - 2

Federal programs become backstop

Local businesses pivot for help, prepare for difficult days

BY PAT BLAIS

MIDDLESEX - Though showing remarkable ingenuity and grit, small business owners across the state will likely require state and federal assistance in order to withstand the unprecedented financial pressures caused by the novel coronavirus emergency.

And though that help is now available, those same entrepreneurs, considered by many as the true lifeblood of America's economy, are now locked in a race to understand the application criteria and filing procedures governing many of those hastily-formed emergency relief programs.

At stake, say regional non-profit business advocates, is not only the future of the state's revitalized and vibrant downtown areas, but the economic well-being of thousands of area residents who depend upon the region's small businesses for a paycheck.

"So much has changed," said Megan Day, the Executive Director of Stoneham's Chamber of Commerce. "I would say that today is the first time, with everything happening so quickly, that we've had a clear understanding of what's available [for our businesses] and how people can get it."

"Your heart goes out to these people who you've worked with for a long time and that are trying to do a lot of good for the community. I feel bad that they're so powerless. I wish I could do more to help," agreed Reading/North Reading Chamber of Commerce Director Lisa Egan, who recently sat down with a reporter from The Reading Chronicle, a sister publication of The Middlesex East.

According to Day and Chris Kisiel, the Executive Director for Woburn's Business Association, ever since Governor Charles Baker

earlier this month imposed the state's first restrictions on in-house dining and beverage services within Massachusetts restaurants, they've been stunned by the sheer pace and breadth of subsequent COVID-19 orders.

Ultimately determining the spread of the potentially fatal virus cannot be contained without imposing what are perhaps the most draconian emergency public safety measures in state history, Baker about a week ago ordered all "non-essential" businesses to shut their doors.

Subsequent directives and advisories have extended school closures until early May, outlawed public gatherings of more than 10 people, and urged all residents to isolate at home until early May.

In a matter of just days, as underscored by last week's record number of 3.3 million new unemployment filings, the state's roaring economy — like much of the nation's — has been paralyzed.

"Honestly, I feel like the more people who stay in place, the shorter this will drag on," said Day, who as of late, has reluctantly begun discouraging citizens from heading out to patronize the handful of storefronts and downtown businesses that remain open.

"I don't want to hurt businesses, but if people stay home, these measures will work," continued the Stoneham resident. "We could ultimately be heading to a point where people can't go out at all. So right now, we're trying to connect businesses to resources so they can live this out and come out on the other side."

Information overload Struggling to stay-on top of an enormous flow of information, area business advocates say local entrepreneurs, already trying to reinvent their status as

brick-and-mortar ventures, are simultaneously contending with sudden changes in tax collection and filing deadlines, revisions to unemployment and health insurance benefit rules, and the implementation of new in-house policies to protect their workforce.

Though those temporary revisions to state and federal rules are aimed at providing much-needed financial and regulatory relief, when coupled with the torrent of incoming advisories about the federal government's COVID-19 Relief Act, it's easy to get overwhelmed, says Egan.

"[It's confusing], and I'm not managing a business like a restaurant that's trying to keep its employees paid and do takeout and be creative like so many of our restaurants are," the Reading-North Reading Chamber of Commerce director explained. "Our community is comprised of a lot of businesses that are 15 employees or less. Do they have a HR department that can keep track of that? No, and that's where I'm trying to fill the gap."

"There's definitely been a lot of confusion, even for us. We're running a seminar on the Small Business Administration piece, but even those things are fluid," Kisiel remarked in a separate interview. "[With some of the unemployment and benefit changes] people aren't sure what's right or wrong to put in their applications or who can apply. It's a lot [to keep up with]."

Just days ago, after quite a bit of grandstanding and frustrating political gamesmanship on both sides of the aisle, Congress passed the Coronavirus Aid, Relief, and Economic Security Act (CARES), a staggering \$2.2 trillion stimulus package that includes more than \$349 billion for small business relief programs.

The highlight of the assistance offerings is "paycheck protection program", which allows small businesses with up to 500 employees to obtain up to \$10 million to offset payroll expenses and cover mortgage, rent, and utility bills between Feb. 15 and June 30, 2020.

Though dubbed as a loan program, the paycheck protection program will actually function as a direct grant, so long as participants agree to maintain their current workforce numbers and continue to pay those staffers at existing rates.

The program also only covers salaries of up to \$100,000 for each worker, with all compensation above that ceiling remaining the responsibility of the employer.

Besides that funding, the CARES Act also added \$17 billion to extend existing loans granted by the federal Small Business Association (SBA), which is also ex-

Business TO B-2

At Home with a Loved One with Dementia,

Maintaining a Routine While Social Distancing

Presented by Jennifer L. FitzPatrick, MSW, LCSW-C, CSP

While social distancing has become a vital health protection strategy, it's particularly challenging for families caring for a loved one with dementia. Join us for a live online discussion designed to help you adjust to these sudden restrictions, create a calm, new routine with your loved one and explore your long-term caregiving strategy.



Jennifer L. Fitzpatrick, MSW, is a gerontology instructor at Johns Hopkins University. She and her book *Cruising Through Caregiving* have been featured on:



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WEALTH MANAGEMENT & TRUST



Athletes & Activities

By: Steve Algeri

MIDDLESEX EAST SPORTS WEEKLY TRIVIA: During the Red Sox "Impossible Dream" season of 1967, who was the rookie left-handed pitcher that came one out (and one strike) away from no-hitting the New York Yankees on April 14 of that season?

Answer appears below:

State Parks and hiking trails remain open but use caution

In an effort to stop the spread of the COVID-19 virus, the Baker-Polito Administration is urging the public to stay home as much as possible to avoid person-to-person contact. However, should individuals and their families need to get outside for healthy, outdoor recreational activities, including walking, hiking, jogging, and bike riding, Massachusetts state parks and other natural resources managed by DCR remain open and accessible to the public.

Additionally, state parks are public areas, and while the agency continues to make efforts to sanitize high-touch locations, these surfaces are only as clean as the last person who has come in contact with it. Please take appropriate steps to protect your health and the health of others by following the Centers of Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health's (DPH) guidelines to prevent the spread of COVID-19.

Visitors to state parks should follow these additional guidelines:

- Minimize outdoor recreational time to limit potential exposure to COVID-19;
- Stay within solitary or small groups, and avoid gatherings of 10 or more people;
- Practice social distancing of at least six feet between individuals;
- Administer healthy personal hygiene, such as hand washing for at least 20 seconds;
- Participate in only non-contact recreational activities;
- Leave a park or area should large gatherings begin to build; and,
- Stay home if ill, over 70, and/or part of a vulnerable population.

Locally, people at Horn Pond in Woburn and Lake Quannapowitt in Wakefield were observed walking in large groups without the six-foot social distancing that was urged. Also, prior to golf courses in the area being closed, people were also blurring the lines as far as socializing in larger groups was concerned.

Golf courses remain closed until April 7
In light of Governor Charlie Baker's Executive Order issued Monday, March 23, golf courses and facilities are not part of the Essential Services list and must be temporarily shutdown until Tuesday, April 7 at 12:00 PM. Everyone is encouraged to read the Governor's Order along with the Essential Services List in an effort to stay informed and compliant.

A bit of good news was that maintenance of the area golf courses could continue.

If nothing else, courses are able to have workers on site to maintain their grounds, particularly with the imminent arrival of warmer weather and the growing season.

Baker's mandate ordering all nonessential businesses to close is set to expire April 7. The growing season may not be here yet, but courses, many of them upward of 200 acres, have constant maintenance demands, which increase as the new season approaches in New England.

NCAA grants extra year of eligibility to D-1 athletes

The NCAA will permit Division 1 spring-sport athletes — such as baseball, softball and lacrosse players — who had their seasons shortened by the coronavirus pandemic to have an additional year of eligibility.

The NCAA Division 1 Council voted Monday to give spring-sport athletes regardless of their year in school a way to get back the season they lost, but it did not guarantee financial aid to the current crop of seniors if they return to play next year.

Winter sports, such as basketball and hockey, were not included in the decision because many athletes in those sports had completed all or most of their regular seasons, the council decided.

Backwoods skiing and hiking trails getting more crowded

In New England, where backwoods skiing and hiking to 4,000 feet are almost a way of life for hardier residents, the trails are more crowded than ever. Hikers report they are seeing plenty of newcomers who are hitting the outdoors due to gym closures.

Those remote places? Not so remote right now. Many seasoned hikers are getting annoyed that their prized spots are getting overrun.

Then again, everyone has the same thought — get a breath of fresh air.

"It's to get that sunlight, some vitamin D. I know it will make me feel better. I feel rested," said Ryan Smith, the 37-year-old owner of a media company from Peabody, Massachusetts, on why he is still taking day hikes with his wife, Jennifer, along trails on the North Shore of Massachusetts and southern New Hampshire.

The Appalachian Mountain Club has been canceling group hikes until at least the end of April. Smaller, unorganized groups, can still hit the trails like in the White Mountains in Conway, New Hampshire, for day hikes, either alone or with a friend. For most it's a chance to recharge and escape the cabin fever that so many people working from home are feeling.

Answer to this week's question:
Billy Rohr.

Movie from B-1

alone makes "Uncorked," which debuts Friday on Netflix, a rare varietal. Mamoudou Athie stars as Elijah, a young black man in Memphis who doesn't want to take over his father's barbecue restaurant. He wants to be a sommelier.

This is far from an expected career path. When Elijah announces his intentions at dinner, one family member hears "Somalia" and wonders why he wants to get involved with pirates. But his ambition is earnest, even if his father, Louis (Courtney B. Vance), is skeptical.

Elijah's passion attracts others. For a young woman (Sasha Compere) shopping for a bottle, he supplies a hip-hop analogy, comparing chardonnay to Jay-Z, pinot grigio to Kanye West and riesling to Drake. (It remains unclear where Ol' Dirty Bastard would fit on this spectrum.) They begin dating just as Elijah starts prepping for the master sommelier test (which, in reality, is so impossibly hard that virtually no one passes) with a study group of new friends.

Elijah stands out in this world but "Uncorked" doesn't overemphasize it. Instead of going for a broad fish-out-of-water tale, Penny



MORE WINE? This image released by Netflix shows Mamoudou Athie in a scene from "Uncorked."

grounds the movie on the relationship between Elijah and his father. The actors help considerably. Both veteran Vance and Athie, a talented newcomer, imbue the film with a vivid emotional honesty. And the family scenes are warmly intimate, including those between Louis and his wife, Sylvia (Niecy Nash).

Penny, the showrunner for the exceptional HBO series "Insecure," has — true to the genre — penned an easy-pouring tale that won't overwhelm anyone by its dramatics. But the pleasures of "Uncorked" are in how it gently eludes stereotype and brings a rich sense of texture to even its smaller moments.

There are other movies about the finest pours — like

Ken Loach's "The Angel's Share," about poor young Scots and high-priced whisky — that revolve around the high and low of taste. "Uncorked" goes a different direction, taking time to savor not just its cabernets but its Memphis barbecue. There's little difference between the craft of the wine in "Uncorked" and the art with which Louis, who's seen shopping for just the right wood for his smoker, fires his meats.

All of which is to say, in these quarantined times, be sure you have a decent bottle left in the cupboard or a good rack of ribs in the freezer before pressing play on "Uncorked."

"Uncorked," a Netflix release, is not rated by the MPAA

•Real Estate Transfers•

BURLINGTON

245 Cambridge St #304 was sold to Bhamre, Mahesh and Khairnar, Neha by Iaquinto, Janice T for \$545,000 on 03/13/20
59 Center St #109 was sold to Burns, Maureen by Fonseca Patricia A Est and Fonseca, Robert J for \$190,902 on 03/12/20
8 Mohawk Rd was sold to Sivarajasooriar, Thanuja by Abraham, Henry D and Belding, Carol J for \$524,900 on 03/11/20
17 Olean Rd was sold to Reynolds, Kristina and Reynolds, Kevin T by Ho, Man C and Ho, Angela for \$1,230,000 on 03/11/20

NORTH READING

3 Anthony Rd was sold to Paone, George by Wright Kimberly A Est and Wright, Emma R for \$350,000 on 03/12/20
10 Burditt Rd was sold to Rosa, Rob by Coughlin, Katherine A for \$285,000 on 03/16/20
10 Cleek Ct #10 was sold to Dumas, Marcia S and Cavazzoni, Joseph P by Charlotte S Murphy RET and Murphy, Charlotte S for \$607,000 on 03/11/20
20 Maple Rd was sold to Mandel, Jason and Mandel, Cathleen by Smith Sons for \$770,000 on 03/13/20
220 Martins Lndg #5303 was sold to Wolter, Debra L by Pulte Homes Of New Eng for \$349,995 on 03/17/20
6 Shay Ln was sold to Livingstone Development by 383 Park Street LLC for \$425,000 on 03/17/20
22 Wright St was sold to Ohalloran, Sean and Sprague, Brianna by Ohalloran, Kellie A and Ohalloran, Robert G for \$470,000 on 03/13/20

READING

11 Coakley Way was sold to McCarthy, Michael N and McCarthy, Jaclyn A by Reading Townhouse Dev for \$1,120,000 on 03/12/20
19 Perkins Ave was sold to Freitas, Tiffany by Patricia M Fitzpatrick and TFitzpatrick, Patricia M for \$1,570,000 on 03/12/20
139 Woburn St #A was sold to Drago, Lauren and Drago, Mark by Mcmaster, Jennifer for \$465,000 on 03/12/20

STONEHAM

24-26 Lee St was sold to M&R Realty LLC by Albert D&Alma Russo RT and Russo, Richard C for \$760,000 on 03/17/20
148 Marble St #307 was sold to Silva, Edward T and Silva, Linda A by Conway FT and Silva, Marc S for \$330,000 on 03/12/20

TEWKSBURY

90 Ballard St was sold to Brown, Christopher G and Brown, Vanessa S by Burns, Jennifer and Turner, Allison for \$486,100 on 03/17/20
30 Dairy Farm Way was sold to Romano, Patrick F and Romano, Kristin C by Eason, Michael W and Eason, Paula K for \$700,000 on 03/11/20
1215 Emerald Ct #1215 was sold to Patricio, Isuara M and Patricio, Antonio F by Young, Susan for \$377,500 on 03/16/20
1455 Main St #7 was sold to White, John L and White, Danielle J by Colonial Landling LLC for \$449,900 on 03/17/20
277 Marshall St was sold to Balandan, Emil and Balandan, Marietta by RJ McCarthy Development for \$709,900 on 03/12/20
495 Woburn St was sold to EIP 495 Woburn Street LLC by NIP Owner 4 LLC for \$8,900,000 on 03/13/20
515 Woburn St was sold to EIP 515 Woburn Street LLC by NIP Owner 4 LLC for \$8,000,000 on 03/13/20

WAKEFIELD

55 Melvin St #R was sold to Stilwell, Gordon S by Tavares, Cheryl A for \$412,500 on 03/12/20

WILMINGTON

2 Cedarcrest Rd was sold to Panarello, David and Panarello, Sylvia by J&L RT and Obrien, Lauren for \$500,000 on 03/13/20
4 Eagleview Dr was sold to Corcoran, Sharon E and Corcoran, William E by CS Newhouse Builders Inc for \$859,900 on 03/13/20
7 Kelley Rd was sold to was sold to Pearsall, Jonathan J by Golden RT and Goldberg, Debra A for \$794,900 on 03/17/20
36 Middlesex Ave #2 was sold to Wilson Phillips RT and Willard, James by Mujica, Ricardo A for \$353,000 on 03/12/20
344 Salem St was sold to Jensen, Pete J by Marguerite R Elia RET and Bunker, Michele for \$350,000 on 03/17/20

WINCHESTER

166 Forest St was sold to Lu, Jingyi and Yan, Weiming by Yhap, Robert and Wang, Fan for \$1,260,000 on 03/12/20
326 Highland Ave was sold to 326 Highland T and Andersen, Mark by 326 Highland Avenue RT and Covino, James R for \$1,820,000 on 03/13/20
10 Lawrence St was sold to Garcia, Alexandre and Nadon, Marie-Christine by Mergen, Onur for \$1,660,000 on 03/17/20
24 Lorena Rd was sold to Andren, Derek R and Andren, Caroline P by Sheldon Corp for \$2,575,385 on 03/13/20
4 Penn Rd was sold to Andersen, Mark J and Pagnam, Colin B by Andersen, Katherine L and Andersen, Mark J for \$1,380,000 on 03/13/20
63 Shore Rd #14 was sold to Peggy S Fong RET 2 and Fong, Peggy S by Winco RT and Errico, David P for \$160,000 on 03/17/20

WOBURN

1 Baker Way was sold to Parzych, Alec by Baker, David L for \$870,000 on 03/17/20
5 Blake Ter was sold to Poudel, Ishwari by 5 Blake Terrace LLC for \$545,000 on 03/17/20
385 Main St #2 was sold to Pastena, Kimberly A by Busy Bend Corp for \$306,000 on 03/13/20
15 Minchin Dr was sold to Edelberg, Kyle and Gebauer, Ariana by Doherty, Thomas P and Doherty, Peter C for \$717,500 on 03/13/20
34 Orange St #34 was sold to Knopf, Ryan and Knopf, Ioana by Donnellan, Mark for \$630,000 on 03/17/20
15 Sendick Rd was sold to Turner, Ryan F and Turner, Dayna L by Griffin, Edward C for \$555,000 on 03/13/20
Walnut St was sold to Elenie LLC by Saint Johns Baptist for \$145,000 on 03/12/20

LYNNFIELD

33 Prospect Ave was sold to Andrade, Joseph A by Andrade, Maria T for \$525,000 on 03/17/20
19 Smith Farm Trl was sold to Lee, Juhee and Lee, Jugee by Harbin, Beth A and Harbin, Stephen W for \$1,029,900 on 03/16/20
6 Stafford Rd was sold to Dineen, Janelle and Ryan, Patrick by Groussis, Paula A and Groussis, Peter S for \$1,899,000 on 03/12/20
14 Ward Ter was sold to Varela, Ana D and Varela, Victor by Lee, Juhee and Paio, Zueche for \$597,000 on 03/16/20

Business from page B-1

panding benefits under its economic injury disaster loan program.

Given the scope of the new initiatives, Day says Stoneham's Chamber of Commerce has shifted its entire concentration towards helping business owners understand and apply for the federal relief packages.

"We're a very event-driven organization, and all of a sudden, we're not doing events. So there's been a complete shift over to webinars and conference calls [with our members and officials from agencies like the SBA]," said Day. "We're trying to make it easier for businesses to get their arms around this and it's really going to be our complete focus over the next couple of weeks."

Practiced self-reliance According to Kisiel and

his colleagues in Reading and Stoneham, they've been amazed by the versatility of local businesses, many of which have already revolutionized their entire philosophy and marketing strategy in recent weeks.

"Most of our members are being smart and trying to protect themselves and their employees. So even if they're allowed to be open, they're working remotely or doing things like displaying showroom products virtually," the Woburn Business Association spokesperson said.

Retailers like restaurants have perhaps been the best-equipped to swivel to new delivery and takeout formats, but for other enterprises, the infrastructure and communication challenges posed by switches to a remote sales operation or work-from-home setting can be quite daunting.

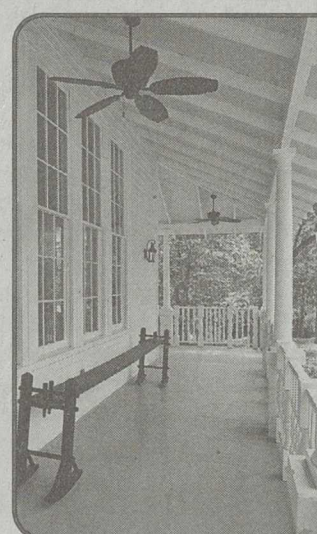
For example, though many professional service providers like hair salons and beauty and massage parlors have been forced to shutter their businesses completely, personal fitness, competitive sports instructors, and art and yoga studio owners are trying to survive by offering classes and courses virtually.

"Since a lot of businesses will probably be living online for the foreseeable future, they're building up that skill set. It's been a big change," said Day of the phenomenon.

Witnessing Woburn businesses reconfigure their entire operating structure during a time when multinational corporations with far deeper pockets are looking to the federal government for handouts, Kisiel contends that small business owners have always stood out as models of self-sufficiency and independence.

For that reason, the Woburn Business Association director firmly believes that with the community's backing, the community's economic drivers will emerge whole from the COVID-19 crisis.

"You have to understand, small business owners are independent people," said Kisiel. "So more money is out there and that's great, but everybody just wants this to be over so they can get back to work."



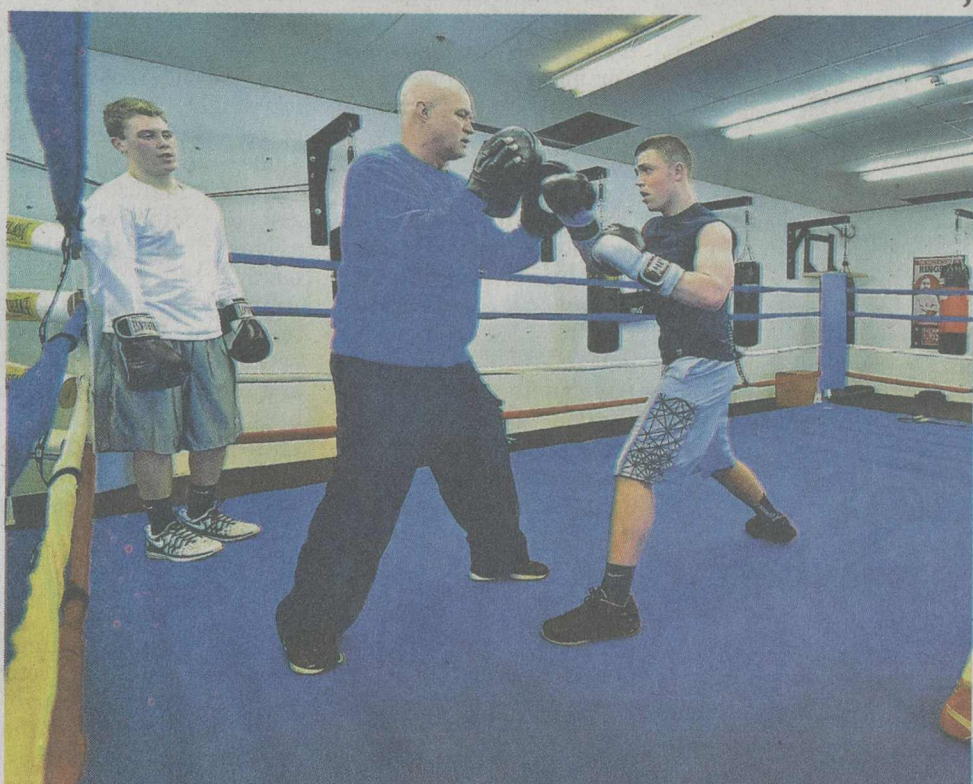
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Five years ago, the Town Crier featured Jim McNally, who opened a boxing gym in North Reading, which is still going strong. McNally was a former professional boxer and before that a three-sport athlete at WHS. (file photo/JoeBrownphotos).

On This Date in Wilmington Sports History

By JAMIE POTE
Sports Editor

jamiapote@hotmail.com
A while back, when I had some extra time, I used to do a column "On This Date" in Wilmington sports history. I would go back to that week's edition of the Town Crier and pick out a few items and highlight those items in a column form.

Today with the coronavirus cancelling all of sports, I obviously have some free time to go back through the archives and write about the happenings that took place over the final week of March, dating back to 1970. Coincidentally, our long-time friend Jim McNally was featured twice on the same week, in 1980 and then in 2015.

2015

Jim McNally was featured as he opened up his boxing gymnasium in North Reading ... At the college level, former Town Crier Male Athlete of the Year Vinny Scifo had a big day helping the UMass-Amherst Baseball team defeat Dayton, 5-0, as he was 1-for-2 at the plate with four walks, a stolen base, one RBI and scored two runs ... On the female side, Taylor Hanley helped Worcester State sweep a doubleheader in softball with an 8-0 win over Lancaster and then a 3-2 win over Concordia. She was 1-for-1 with a double and a run scored in the first game and then was 2-for-4 with a pair of doubles in the second game ... Joe Pendenza scored the lone goal for the Milwaukee Admirals in a 3-1 loss to Grand Rapids as he continued to his professional journey in minor league hockey ... Tessa Callahan was the second overall female finisher and first in her age group with a time of 21:44 in the St. Paddy's Day Foot Pursuit 5K Road Race.

2010

The WHS Boys Basketball team was honored at halftime of the Boston Celtics-Denver Nuggets game. The Wildcats were nominated by then TMHS Boys Basketball coach Jim Sullivan, who thought the team displayed the utmost display of sportsmanship for the town of Tewksbury during the Meghan McCarthy tribute game, held just a few days after McCarthy, a TMHS senior and three-sport athlete at the time, passed away due to cancer ... The Wilmington Rotary Club/Wilmington Trophy held a 3-on-3 Basketball tournament. The high school age winning team

included Phil Witts, Chris DuChesne, Dwight Tesoro and Mike Sarault, and the Under 35 age group winners included Rich and Jon DeMarco along with Adam Rizzo ... At the college level, Carlton Lentini helped the Lasell College Baseball team defeat Norwich, 15-4, as he was 3-for-3 at the plate including scoring two runs, knocking in two and adding a walk. Bobby Sinopoli pitched six scoreless innings of two-hit ball to improve to 2-0 on the young season to help Westfield State beat Elms College, 5-0. On the female side, Erin McMahon collected her first collegiate win for the Merrimack College women's tennis team, as part of a doubles team, which won 8-3 in a match over Pace University.

2005

Andrea Gillis was set to run in her first Boston Marathon. She was a part of the Brigham and Women's Hospital Team ... Al Costabile was named the Athletic Director at Shawsheen Tech ... The annual Wilmington High Teachers verse Students Basketball game was held and among the players who were photographed included Clayton Huynh and former Town Crier Female Athlete of the Year Debbie Lyons and on the teacher's side it was current WHS Girls' Tennis coach Matt Hackett and former longtime math teacher, Carole King.

2000

A feature was written about Wilmington Youth Soccer, concentrating on where the league would hold its games for the season as the Shawsheen Fields were under construction ... Kristen Thomas and Chet Ferreira finished up playing in the Hockey Night in Boston Tournaments ... Brandon Marshall was crowned the 112-pound division champion at the Silver Mittens Boxing Tournament after defeating David Gamachesh of Maine.

1995

The Sixth Grade Boys Basketball team defeated Everett behind 10 points each from Jason Barrett and Mike MacNeil ... The WHS Girls Tennis team was gearing up for its upcoming season behind four seniors, Jamie Cassanello, Jill Oakleaf, Melanie Johnson and Amy Herman.

1990

Legendary teacher and coach Frank Kelley was inducted into the

Massachusetts State Track Coaches Association Hall of Fame ... Twin Brothers Doug and Dave Lanzillo finished second and fourth, respectively, as part of the Men's B Team at the Eastern Interclub Championship Ski Race ... The eighth grade girls basketball team was defeated by Haverhill despite 15 points each by WHS Hall of Famer Adrienne Fay, as well as Lynette Sbrano ... Chris Cowell served as a Ball Boy for the Boston Celtics and was photographed with his father and Hall of Famer Robert Parrish.

1985

The Eighth Grade Boys Basketball team defeated Danvers 42-21 behind 14 points from Steve Hanifan and 9 points from Jamey Robichaud.

1980

Former Town Crier Sports Editor Rick Cooke wrote an extensive feature story on Jim McNally, who was a 23-year-old professional boxer. At the time of the story, McNally was 9-1 and was hoping to fight Don Addison in about six months for the New England Light Heavyweight Championship Crown ... The Wilmington Jr League Youth Basketball All-Star game was held and on the girls side, Michelle Raso, Kelley Kavanaugh and Karen Anderson all competed.

1975

Wilmington Youth Hockey had complete control of the sports pages. The Mite B's defeated South Boston, 4-2 as David Fuller scored the first goal. The Squirt B-II team tied Burlington, 5-5, as Lane Fraser scored in the final minute of the play to tie the game up. He tipped in a shot taken by Brian MacLellan ... The Squirt B-I team lost 5-3 to South Boston as Ed Harding scored the first goal on a set up by Jeff Brown ... In Adult Hockey play, the Beavers beat the Blues, 6-5, as Charlie Miller had two goals and two assists for the winners and Jim Sughrue also had 2/2 but for the losing team.

1970

Leading the way in the The Sons of Italy Bowling League were Bill Kincaid, who had a high single score of 128, Frank Daniels with a high triple score of 329 and on the female side, Cynthia Esposito had both high scores of 130 and 330.

MIAA remains hopeful -- the plan is for spring sports to start May 4

By JAMIE POTE
Sports Editor

jamiapote@hotmail.com
On Monday afternoon, the Massachusetts Interscholastic Athletic Association (MIAA) Board of Directors met through a conference call and voted unanimously to start of the spring high school sports season on May 4th and extend the original end date a week back to June 27th (June 28th raindate), all pending on the coronavirus situation.

On May 4th, the spring season will start with try-outs and practices, before games would begin on May 12th. Governor Charlie Baker has mandated that all schools are closed until May 4th, due to the outbreak of the COVID-19 virus.

The MIAA Board of Directors along with the Tournament Management Committee (TMC) approved a short-season which includes a minimum of eight games and a maximum of 12 games for all sports (baseball, softball, lacrosse, tennis and track-and-field), as well as a state tournament, with that format to be

determined at a later date.

"The MIAA is trying," said Tewksbury Memorial High School Athletic Director Ron Drouin. "They extended the deadline for the season until June 27th. They made fair rulings on Physicals and Eligibility. The TMC will layout a format soon and we will see how it looks. It looks like they have some thoughts about non-qualifying (state tournament) teams to play a few more games as well. They provided some structure if we can go back and are allowed to play. Let's keep our fingers crossed."

During the conference call, the MIAA approved that the traditional try-out/practice span of 11 days is trimmed down to seven days with the exception of rugby and golf, but none of the Town Crier's three local high schools, Tewksbury, Wilmington and Shawsheen Tech offer those sports. In addition, the MIAA approved to suspend exclusion and endowment games for the spring season, to allow sub-varsity teams to play through June 27th. Furthermore, the MIAA

also voted 19-0 to waive the MIAA Rule 58.1 to allow principals to determine student eligibility for the spring season, and allow any physicals done as of March 13th to remain valid, while other students have been given an extension of May 4th to get an exam.

As for the possibility of a state tournament, the TMC was asked for recommendations and those will be discussed at the next meeting. There's been discussions already of possibly having a league tournament or a sectional tournament consisting of just league champions, but not with the extended week of play, there could be further explorations.

"I think it's great that the MIAA is hopeful to start on May 4th," said Wilmington High interim AD Ed Harrison. "I do also. But the decision if we play will be made by our Superintendent (Dr. Glenn Brand)."

All decisions will ultimately be made by either President Trump, Governor Baker, each school's superintendent, and then the MIAA.



Wilmington High senior Bridget O'Shea and the rest of the Girls Varsity Lacrosse team is clinging to hope that the spring season does indeed start on May 4th. (photo by Bob DeChiara).

WOW's Virtual 5K Race, April 26

On April 26, 2020, We're One Wilmington (WOW) was set to host its 10th and final 5K Run for Wilmington / Kim Forte Walk. Since our first communication, circumstances have changed quite a bit. The pandemic and need for social distancing has caused us to re-evaluate holding the road race as usual. After much deliberation, we have decided to turn the race into a "Virtual 5K."

What is a Virtual 5K? In a Virtual 5K, runners and walkers complete the 5K distance wherever and whenever they'd like between April 19th and April 26th - walk or run, outside or on the treadmill, in the morning or in the evening. All registered participants will be delivered their race packet and 2020 T-shirt in the weeks following the race.

In this time of uncertainty, the need within our community will surely be greater than ever. With your 5K registration,

WOW can continue the tradition of supporting local individuals and families during these most difficult times - not to mention it's a great opportunity to get out and enjoy the spring weather while doing some good!

We can all use a little fun these days and we have lots planned to add extra excitement to the WOW Virtual 5K! We'll be giving out prizes across various categories for registered runners/walkers who email or upload photos of their participation - think drawings for family participation, best costume, oldest/youngest participants, farthest from Wilmington and more!

If you are on social media be sure to use the hashtag #WOWVirtual5K on your posts so we see them and everyone can follow along.

We've got Two Cousins DJ and Karaoke preparing a special WOW Virtual 5K Spotify playlist to keep you entertained during the

race. We encourage past participants to wear a previous years' race shirt to celebrate the 10th Anniversary of this community event.

How do I register? We hope we've convinced you to join the fun! Register online by visiting our website at www.onewilmington.org. Remember to please walk or run by yourself or with immediate family only. Keep our communities safe by following social distance guidelines that have been put into place.

We hope to see you virtually April 19-26th!

Sponsors are welcome! The need within our community as a result of the pandemic will be greater than ever. We understand that sponsorship may be difficult at this time. No sponsorship level is too small. Rates and benefits can be found on our website at <http://onewilmington.org/events/5k-road-race/sponsorship/>.



From left, Jen Schacht, Fil Faria and Kevin Cormier, all completed a "virtual marathon" here in Tewksbury, after Faria's planned marathon competition in Kansas was cancelled due to the coronavirus. He has competed in a marathon in 44 of the 50 states in the country. (courtesy photo).

After Kansas Marathon was cancelled, Faria completes next mission in Tewksbury

By: JOSH CAREDEO
Sports Correspondent

sports@yourtowncrier.com

TEWKSBURY—The coronavirus pandemic has put a halt on just about every sporting event or large social gathering in the world for the time being.

It has even put a stop on Fil Faria's plan to run a marathon in all 50 states.

Around this time last year, Faria, 55, had ran a marathon in 40 states.

Over the course of the calendar year, he has ran in an additional four states: Idaho, Michigan, Wyoming, and South Dakota bringing his total to 44.

This past weekend, Faria and a few of his friends were supposed to be in Kansas; that would've marked the 45th state he's run a marathon in.

"The race director was going to keep it planned as scheduled, unless the city revoked it's permit," Faria said.

The plan was to fly down on Friday, run the race on Saturday, and return home Sunday night.

That, unfortunately, was cancelled.

"I was a little bummed, but with everything that was going on, and with most of the other

marathons across the country cancelled, I knew that it was just a matter of time," he said.

At the time, Faria had been training for both the Boston and Kansas Marathons. He was running about 150 to 200 miles a month.

You can imagine how

distance on his Garmin Watch, the "virtual" component of the race, if you will.

The runners eventually got to Main Street, ran down Route 38, and then over to Libbers Brook over by Salem Street. By mile 3, they had set up a water stop.

race with a time of 3:51, while keeping a safe and social distance from everyone that was outside this weekend.

"It was a pretty good pace, the splits were similar, [the marathon] wasn't bad at all," he said.

Faria took a screenshot of the map and times and



The rest stop for Phil Faria and his friends competing in a virtual marathon was the back of a car, filled with various drinks and snacks. (courtesy photo).

upset a hardcore runner like Fil would be. But, not all hope was lost for Faria, though. The race director sent out an email saying that if runners wanted to, they could do a "virtual marathon."

So like any devoted runner would, Faria took up the offer, and planned out a marathon in Tewksbury. "I had some friends run with me, that way you are not running alone," he said.

He and his buddies started on the course by his house off of Livingston Street, and down some back roads they went.

"It was a little easier, felt like a training run," he said.

Along the way, Faria kept track of his time and

"The race is always better with water," he laughed.

The group had eventually made back on to Route 38 before heading home. Although this marathon was at home, Faria still had support.

"There were a couple fans- family, friends, and neighbors; it was nice," he said.

At this point, Faria ran a total of 6.5 miles. So after a quick water break, he went out three more times to get to 26.2 miles.

"The fourth loop was definitely harder," Faria said. "But, there was no pressure, time wasn't a big deal, [my buddies and I] chatted the whole way."

When it was all said and done, Faria finished the

sent it to the race director in Kansas.

Although this doesn't count for Fil, he will be getting a medal and a t-shirt in a couple weeks.

In essence, Faria still has six states left on his 50 state marathon tour: Kansas, Washington, Minnesota, Oregon, Hawaii, and Montana.

Once it's safe to do so, Faria hopes to get back to on track and finish what he started.

"Hopefully things can get back to the way they used to be, or at least as close possible," he said.

But for now, he hopes that his friends in the running community and beyond are safe during this unprecedented time.

Is Bass Fishing safe with the coronavirus?

BIRMINGHAM, Ala. — The rapid spread of the coronavirus has forced the closure of schools, businesses, events and any other nonessential gatherings of people in our country and across the world. For many of us, being off work or out of school means an opportunity to go bass fishing. But should we?

An avid bass angler as well as a medical professional involved in the battle against coronavirus, Dr. Neil Schaffner sat down with Bassmaster.com to explain how to apply social distancing practices while fishing in those areas where being out on the local fishery is still possible.

"Probably the safest place to be is on the lake right now," said Dr. Neil Schaffner of Opelika, Ala., a 40-year veteran of the medical profession with a background in critical care and, currently, an endocrinologist on staff at East Alabama Medical Center. "Everybody knows you're supposed to practice 'social distancing' by staying at least six feet away from other people. You can do that when you're out in the middle of nowhere, in open spaces and open air."

That doesn't mean anglers should be oblivious to the dangers of contracting what, for some, can be a deadly virus.

"Your biggest risk is at the gas pump," Schaffner said. "Perhaps 500 people have touched the handle before you picked it up. The second greatest risk might be pulling through a drive-through to get a biscuit on the way to the lake."

While many boat ramp facilities remain open, this is not true across every state. Schaffner believes officials close some recreational facilities to protect personnel from exposure, while others are closed because restrooms and other facilities can be conduits to spreading the coronavirus.

Schaffner says to avoid touching any hard surface without protection. Wear gloves if you can. If you do not have surgical gloves, work gloves are better than nothing. Anything that provides a barrier between your skin and a contaminated surface can help. Using a paper towel to hold the gas pump handle might save someone from getting the disease, he suggests. Unwrap that biscuit with a napkin and avoid touching any of the

packaging. If you visit a fast food restaurant, make sure employees are wearing gloves.

Schaffner knows that sharing the experience with a buddy makes fishing so much more enjoyable, but in these times, two might be a crowd. If you'd rather not fish alone, he lists several ways to minimize the danger of catching coronavirus from a fishing buddy.

"The good thing is that there's at least six feet between the front pedestal and the back pedestal in a bass boat," he said.

Still, it's important to observe extreme caution when considering fishing with another person.

"If your buddy just got off a cruise ship three days ago, I wouldn't go fishing with him," Schaffner said. "If your fishing partner is coughing or has any other of the symptoms — fever, aches, sore throat — or has been exposed to someone with coronavirus, don't go."

Should you still decide to fish with someone else, do all you can to avoid touching a surface your friend has touched. Agree that the two of you will stay on opposite ends of the boat and not touch anything the other has touched. If you hook a big bass and he nets the fish for you, sanitize the net handle.

Sharing the cab of a pickup brings the two of you into closer proximity, but Schaffner believes normal, steady breathing and conversation should not be much of a risk. It would not be a bad idea for both of you to wear masks and to drive with the windows down, he adds.

In these extreme times, what used to be done out of an abundance of caution has now become common sense.

Schaffner, who cohosts a local television program in Montgomery, Ala., *The Fishin' Mission*, is preparing to go fishing this week — alone.

"I would be a risk to my fishing partner because of my constant exposure (from) treating patients all day long," he said. "Right now, I'm living alone, in my basement, apart from my wife and daughter. Their risk of getting the virus is me."

For more information on protecting yourself and others from coronavirus, visit <https://www.coronavirus.gov> and <https://www.cdc.gov>.

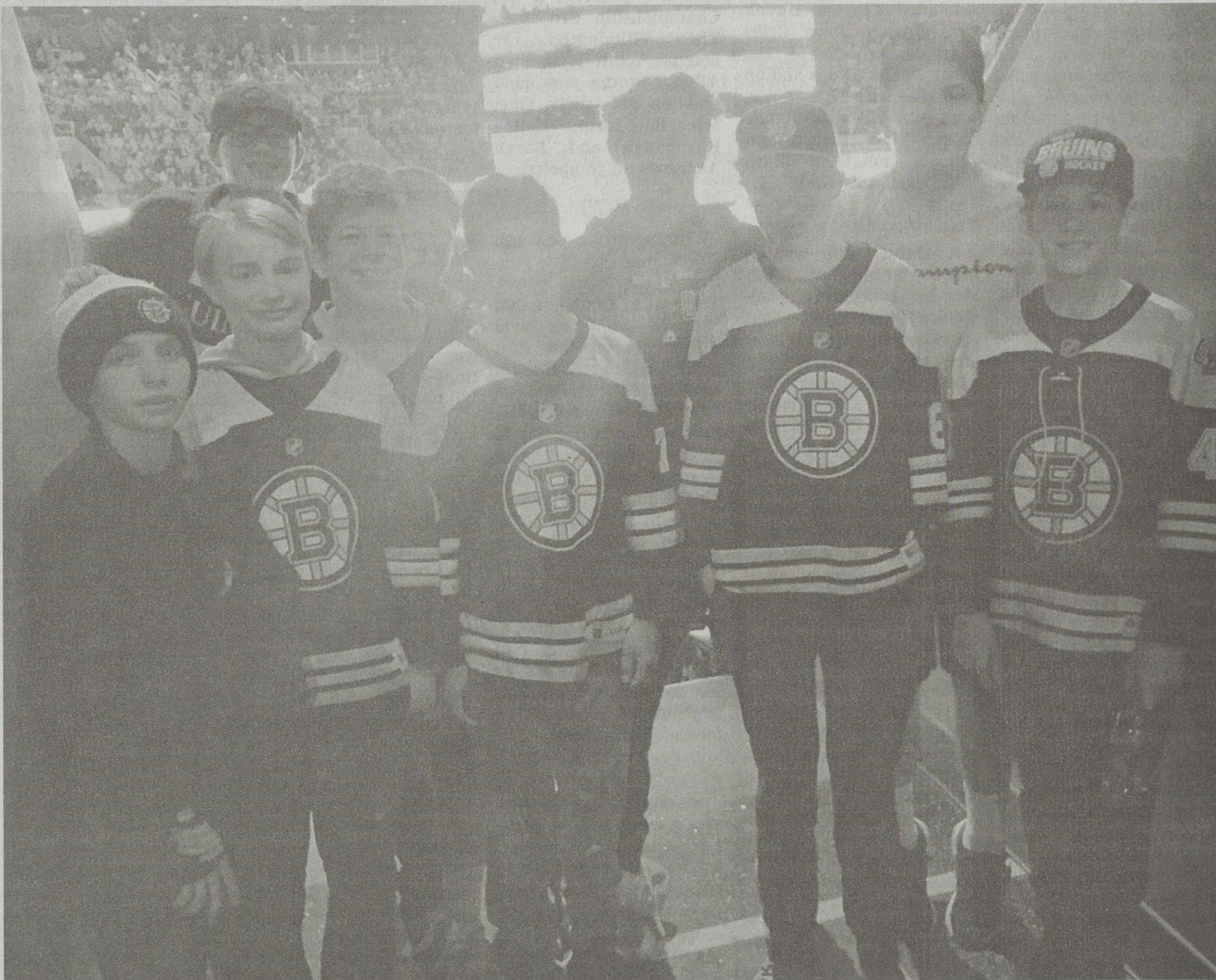
WYSA Scholarships

The Wilmington Youth Soccer Association (WYSA) is proud to announce five scholarships will be awarded this year. Each of the scholarships will be for \$1,000.00. The scholarship program is open to all graduating seniors who have participated in the WYSA soccer program. Each candidate must submit all the following items:

- A completed application (with additional sheets, if needed) signed by the applicant;
- A copy of the applicant's High School transcript which includes grades at mid-year of the Senior Year;
- One letter of recommendation from a non-relative who is a resident of Wilmington or school-teacher or administrator.
- An essay (1 to 2 pages) describing both 1) the impact of participating in the WYSA program has had on you and 2) describe in detail the volunteer activities you performed for WYSA and the impact you had on WYSA.

Scholarship applications are available at the Wilmington High School's guidance department or under the 'Association/Scholarship' section of the WYSA website: www.WilmingtonYouthSoccer.org.

Completed applications and materials must be received (postmarked or emailed) no later than Friday May 8, 2020 to be eligible. The above referenced items should be emailed to the email address: VPAdministration@wilmingtonyouthsoccer.org Or mailed via USPS to: WYSA - Scholarship 2020, PO Box 107 Wilmington MA 01887.



Several Bantam 1 players celebrated a win with a trip to the Bruins game earlier this season. The group includes front row from left, Alex Burns, Nick DiAmico, Adam Ebert, Bobby Dodge and Ryan Quamme; back row from left, Ryan Papineau, Ryan Murphy, Brian Banks, Brett Ebert and Mike Maselli. (courtesy photo).

Wellness & Health

SUPPLEMENT TO THE DAILY TIMES
THE STONEHAM INDEPENDENT
WILMINGTON-TEWKSBURY TOWN CRIERS

Social Security, Your Money & Your Health

APRIL 2020

— Part Two —

Partners In Rehab, PT Summary

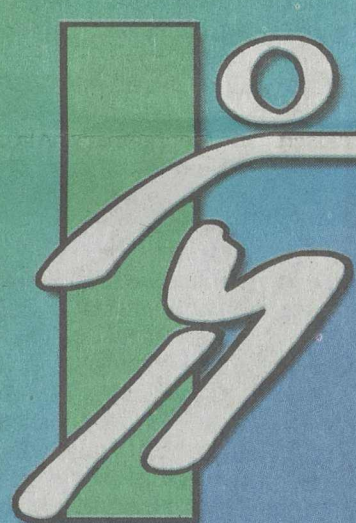
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team approach to establish a program that addresses your needs and allows you to return to your desired level of function. We specialize in the treatment of orthopedic disorders, including our expertise in the New England Baptist Hospital - Spine Center "Back Boot Camp" program. With 4 locations North of Boston, including Georgetown, Methuen, Saugus, & Wilmington, it's likely that we are close to your neighborhood.

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cises and techniques that promote mobility, reduce pain and improve functioning, all while working with a health care team that may include doctors, nurses, social workers, occupational therapists and speech-language pathologists. Our goal is to make Physical Therapy as convenient and accessible as possible, to ensure our patients best recovery. Here you will receive motivation, ongoing support, and superb clinical expertise from the best team of Physical Therapists in New England.



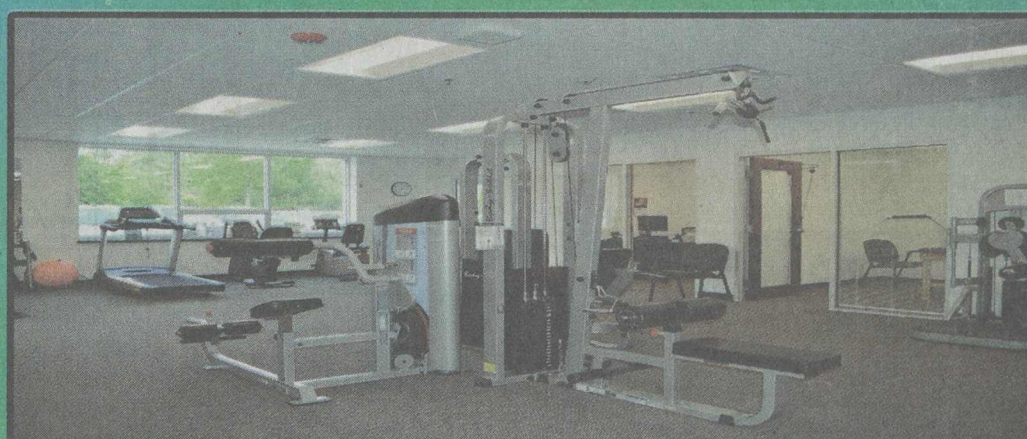
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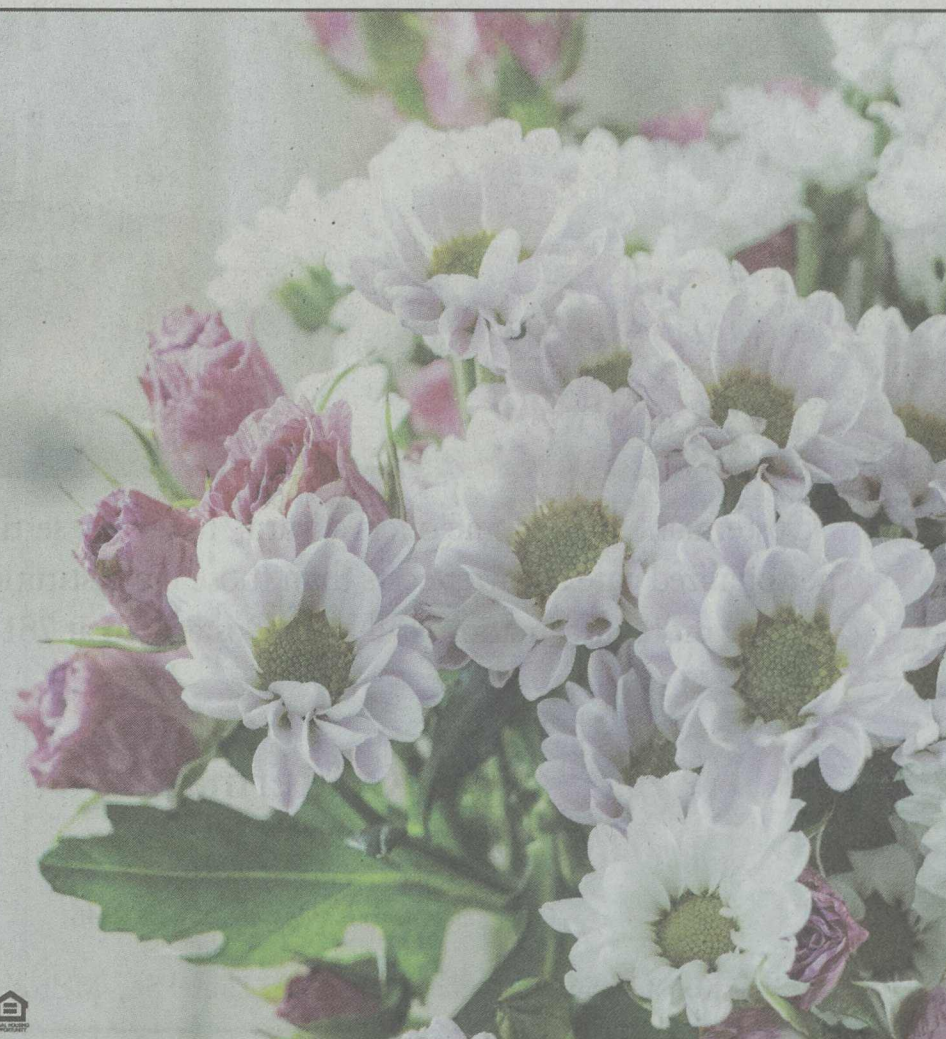
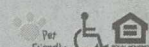
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Do you need a trust as part of your estate plan

The most frequently asked question in my office is from seniors who call to ask if they should have a Trust, or if they can make an appointment to establish a Trust because a well-meaning friend or relative has told them they need a Trust to protect their home. Most often their inquiry is driven by someone they know who believes a Trust is the answer to protecting their home or other assets in the event long-term nursing home care is needed, and sometimes it is because a financial planner has suggested a Trust to the senior.

The question is why would someone want or need a Trust to hold title to their home or other assets. Why may a Trust be beneficial? There are many reasons that a Trust may apply to an individual's circumstances. Some of the reasons a Trust may be recommended or beneficial as part of an individual's estate plan are as follows:

1. To hold and manage assets during your lifetime and/or after your death for the benefit of a minor child or a disabled individual to whom you are gifting funds during lifetime and/or leaving a share of your assets at death.
2. To hold and manage assets during your lifetime and/or after your death for the benefit of an individual who may not have an ability to manage their finances or may be at financial risk of losing assets to creditors and to whom you intend to gift funds during lifetime and/or leave a share of your assets at death.
3. To minimize Massachusetts Estate taxes

upon the death of the second spouse to die where the couple's combined assets exceed \$1 Million. Marital Trusts for couples whose combined Estates exceed \$1 Million dollars can save thousands of dollars in Massachusetts Estate taxes.

4. To hold or manage assets for yourself during lifetime in the event you are unable to manage your assets on your own and may need someone to take over the management of your assets on your behalf and for your benefit during your lifetime.

Trusts can and should be utilized in the above situations and should be part of the estate plan for any individual or couple leaving assets to minor children, or disabled individuals whose benefits may be lost if they were to receive funds directly, or individuals who may be at financial risk due to bad habits such as gambling, substance abuse, or poor financial management skills, or individuals who are unable to manage their own finances during lifetime due to illness or incapacity, or couples who require Marital Trusts for tax planning.

There are also reasons a Trust is NOT beneficial and not recommended and the most frequent reason I find that seniors inquire about Trusts is because they believe a Trust will protect their home or other assets in the event the senior requires skilled nursing care in a nursing home someday. Most Trusts do NOT offer ANY protection of an individual's assets from nursing home debt and obligations. In fact, Revocable Trusts (meaning a Trust that

can be revoked or amended) are detrimental to planning to protect assets from costs of long-term skilled nursing care, and in fact place a personal residence at risk that may be otherwise protected if owned by the individual or couple.

The only kind of Trust to be considered as an option for protection for long-term care planning is an Irrevocable Trust (meaning it can never be changed, amended or terminated during your lifetime). This type of Trust, if drafted properly may protect your home from nursing home costs under current law, but also creates an absolute five (5) year ineligibility for State paid nursing home costs under the Medicaid program (MassHealth) before the home or asset would be protected. Therefore, any individual placing their home or other assets into an Irrevocable Trust ownership is at risk of paying for up to five (5) years of nursing home care should they become ill and require long-term skilled care after the transfer of their home or other asset to an Irrevocable Trust. The Irrevocable Trust is absolutely fatal to an individual's application for Medicaid benefits to pay for costs of their long-term care for five (5) years and there is no way to cure or correct the ineligibility. It is also a risk that the five (5) year ineligibility time period could increase under the law. In that case it is unlikely any Irrevocable Trust that is already in

ESTATE PLAN

Continued on Page B7



Three questions every senior with diabetes should ask

If you're a senior with diabetes, you're not alone. The statistics are eye opening - more than 25% of Americans age 65 and older have diabetes, according to the American Diabetes Association. What's more, the Centers for Disease Control and Prevention reports diabetes as the seventh leading cause of death in the U.S.

If you're a senior and have diabetes or help care for a loved one with diabetes, you probably have a lot of questions. Thankfully, technology has advanced incredibly over the last decade, and can now change how people manage diabetes for the better.

Building a strong relationship with your doctor is one of the best things you can do to help manage your diabetes and stay healthy. Be sure to keep an open dialogue and come with questions before any appointments. To get you started, here are three important questions you should ask your doctor.

1) WHAT IS CONTINUOUS GLUCOSE MONITORING AND HOW CAN IT HELP ME?

People with diabetes who take insulin must monitor their blood glucose levels frequently. Uncontrolled glucose can cause health complications and even death. The traditional standard-of-care for glucose monitoring has been a blood glucose meter, which is painful and time consuming, as patients must test their blood multiple times throughout the day.

A continuous glucose monitoring (CGM) system can help people with either Type 1 or Type 2 diabetes to track glucose levels on a continuous basis. Unlike blood glucose meters, CGMs can help eliminate painful fingerpricks and provide vital health information. CGMs are discreet and easy to use, and relay a user's glucose levels instantly to a compatible smart device or dedicated receiver, providing the direction and

rate of glucose change with the touch or scan of a screen. The Dexcom G6 CGM, which is reimbursed by Medicare for eligible patients, also has an app option that gives patients the ability to share glucose information with up to 10 people who can view it through a separate Follow app.

2) HOW CAN I BE MORE ACTIVE?

Regular exercise is important for everyone, but it's particularly important for people with diabetes. According to the American Diabetes Association, your cells become more sensitive to insulin when you're active, so it works more effectively. Being active helps manage a healthy weight, which is also important.

You may think that due to your age or physical ability you can't exercise, but talking to a physician can reveal options that fit your personal needs. By pairing real-time CGM use with a more active lifestyle, you can better understand the impact of physical activity on your health and glucose levels. Slow walks, stretching, yoga and even swimming are good, low-impact activities. Check community centers and local gyms for classes that are geared toward seniors. When beginning an exercise regimen, talk to your doctor to discuss any concerns you have and get his or her recommendations on what will work best for you in order to exercise in a safe manner.

3) HOW CAN I EAT HEALTHIER?

Having a nutrition plan is important to managing diabetes. Patients with diabetes have extra nutritional considerations to keep insulin levels in check. Doctors can provide insight into healthy eating and explain how carbohydrates impact blood glucose levels. You can also see how certain foods impact your levels with the use of a real-time CGM, which is insight that can help you eat and meal plan more mindfully.

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KATE OOSTERMAN, Administrator of Oosterman Rest Homes, holds a framed newspaper article citing the Rest Home's 50th Anniversary.

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Now, four generations and 74 years later, their great granddaughter Kate Oosterman is carrying on the family tradition as Administrator of the Rest Home.

According to Kate, "We've always believed that at Oosterman's it was 'Our Family caring for Your Family' and that attitude has been passed down from generation to generation. Because

we're family owned and operated, we can provide a level of personal care that you just can't get at those larger corporate owned facilities. We create a homey atmosphere for our residents. We know their names, we know what they like and don't like. We celebrate their birthdays. Our staff works hard to make sure everyone feel like they're part of one big happy family."

"What we offer is a quality care alternative that's in-between assisted living and nursing homes. We offer our residents lots of personal care at much more affordable prices."

ESTATE PLAN

Continued from Page B6

existence and established prior to the change in the law will be exempt from the new law, since historically Medicaid law has not grandfathered previously established Trusts.

In addition there are strict limitations requiring that the grantor of the Trust has no access to the Trust principal for the duration of their lifetime, meaning if an individual were to establish an Irrevocable Trust, and then for example placed an asset worth \$500,000 in the Trust, they can never again have access to the \$500,000 during their lifetime, but may only use the income or earnings generated by the asset. So if the \$500,000 asset earns 2% interest, or \$10,000 annually, the individual will have access and use only of the \$10,000, but never to the \$500,000. So while a properly drafted Irrevocable Trust may protect assets from nursing home debt five (5) years after the asset is transferred to Irrevocable Trust ownership under present law, most individuals do not wish to risk paying the cost of their care for up to five (5) years in the event care was required during the five (5) year period or live the remainder of their life with the absolute limitation that they can never use the funds again for themselves. The funds may be protected from nursing home debt after five (5) years, but the funds are also protected from the individual who granted their asset to the Trust. Furthermore, if Medi-

caid law changes in the future and Irrevocable Trust funds are no longer eligible for protection from costs of long-term care, the individual would then be at risk of paying for costs of care, but would also have no access to their \$500,000 Trust fund to do so. For these reasons, once most individuals understand the strict limitations imposed by Irrevocable Trusts they decide against establishing such a Trust as part of their long-term care planning. In many situations, especially when planning is for a married couple, there are other ways to protect assets from costs of long-term care planning that are less costly and far less risky than an Irrevocable Trust and which may not create any ineligibility period.

Whether you want or need a Trust depends on your circumstances and the reason for the Trust. While there may be many good reasons to establish a Trust as outlined above, long-term care planning and protecting assets from the nursing home is probably not one of them in most cases. Determination of whether a Trust is right for your estate plan or long-term care planning needs should only be made after advice from a qualified elder law attorney and not be based on advice from well-meaning friends, family, bankers or financial planners, who do not know or understand the law regarding long-term care planning or Trusts.

About the author:

Susan M. Mooney, of The Law Offices of Susan M. Mooney, P.C., 51 Main Street, Suite One, Stoneham, has been a practicing attorney for thirty (32) years. The Law Offices of Susan M. Mooney, P.C. celebrates thirty (30) years doing business in Stoneham this year.

Attorney Mooney received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts State and Federal Courts and the Supreme Court of the United States.

Ms. Mooney is a member of the National Academy of Elder Law Attorneys (NAELA). The Academy is a professional association of attorneys concerned with improving the availability and delivery of legal services to elders. In addition to her membership in NAELA, Ms. Mooney is an active member of the Massachusetts Bar Association and Massachusetts Academy of Trial Attorneys.

The Law Offices of Susan M. Mooney, P.C. offers legal services in various areas of practice including, Probate and Elder Law, Wills and Estates, Personal Injury Law and Civil Litigation. The firm has offices located in Stoneham and Gloucester, Massachusetts. For further information about estate planning, visit our web site at www.susan-mooney.com.



TO KEEP YOUR EYES HEALTHY and functional, be sure to get preventive services like a comprehensive eye exam every year. Doing so can help protect your overall health and wellness.

What to know about eye health

While most people care about their vision, fewer people take steps to protect their eye health.

Indeed, nearly everyone (97 percent) agrees that having healthy eyes is important, but only half of those surveyed by VSP Vision Care and YouGov get annual eye exams. Unfortunately, even fewer people are aware of how important this preventive care is -- only 1 percent of respondents in the same survey reported knowing that signs of serious diseases and conditions like high blood pressure, autoimmune disorders, thyroid diseases and certain types of cancers can be detected through a comprehensive eye exam.

The experts at VSP Vision Care are offering the following tips for better eye health:

- Think about your overall health needs. Remember vision care isn't just for people who need glasses or contacts -- getting an annual comprehensive eye exam helps maintain overall health and wellness and can even aid

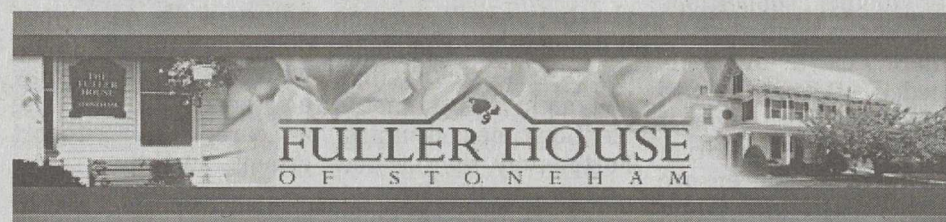
in the early detection of chronic diseases like hypertension and diabetes.

- Consider your family's needs. Only 12 percent of parents know children should receive their first eye exam at six months old, according to the VSP Vision Care and YouGov survey.

- Get covered. If you are buying vision insurance on your own, you can do so at any point. If you want to do so through an employer, you don't necessarily have to wait until open enrollment season to get covered. If you go through a life event like getting married, having a baby or moving to a different zip code, you are eligible to enroll in coverage outside the typical enrollment period. And you can get the most out of your vision benefits by ensuring coverage gives you access to a large network of vision providers with practices located near you.

In the case of VSP Vision Care, members have access to more than 40,000 VSP network doctors.

For more eye health tips, visit SeeMuchMoreVSP.com.



The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Directors are committed to the on-

going success of The Fuller House; a unique alternative to large corporate facilities.

The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to The Fuller House located at 32 Franklin Street, Stoneham, MA 02180 or online at our website FullerHouseofStoneham.com. Tours are always welcomed.

Warm Regards,

Judy Gallucci O'Brien, Executive Director
James Corso, Board of Director President

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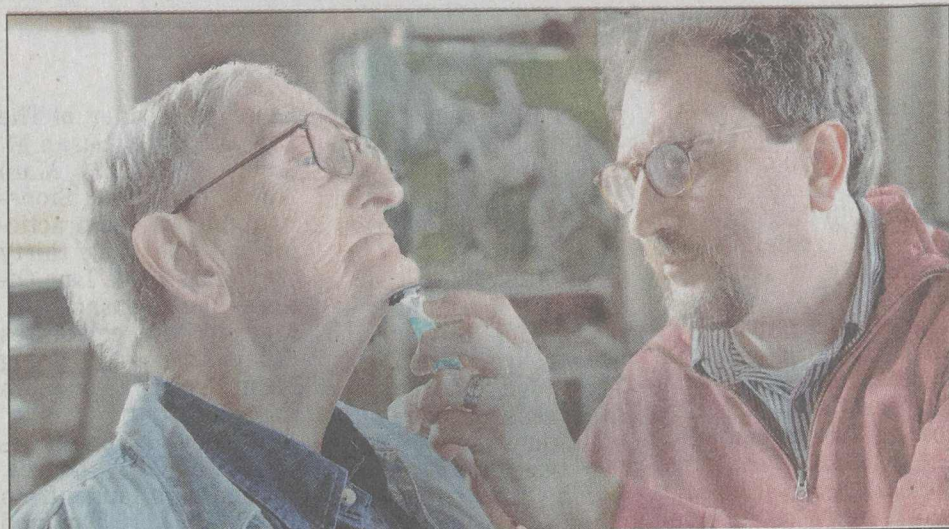
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*Old age is golden so I've heard said,
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My eyes on the table until I wake up.
As sleep dims my vision I say to myself:
Is there anything else I should lay on the shelf?
How do I know my youth is all spent?
My get up and go has got up and went
But in spite of it all I'm able to grin
And think of the places my get up has been.*

~ TRUTH FOLLOWER



How to navigate the challenges of caregiving

As the population of older U.S. adults grows, more Americans are taking on long-term caregiving duties for loved ones. An estimated 43.5 million adults in the U.S. have provided unpaid care in the past 12 months, according to AARP.

"While caregiving presents many opportunities for growing strong bonds with loved ones, the work itself can be demanding, eventually taking a toll on those shouldering the burden," says Lakelyn Hogan, a gerontologist and caregiver advocate at Home Instead Senior Care.

Hogan and the experts at Home Instead Senior Care are sharing tips to navigate the challenges.

Use Online Resources

To fully advocate for your loved one, it's necessary to understand his or her medical conditions and the specific areas where extra help is needed. Doing so will help you secure support services, get information from doctors, ensure medications are being administered safely and even help you make appropriate meal and transportation arrangements. Most reputable sources of condition-specific information can also double as a place for finding care and support.

Search for Innovative Tools

Innovative companies are taking note of the needs of caregivers and are designing everyday products to help them make daily tasks easier and more comfortable for all involved. In the realm of personal care, this trend is especially important: personal care activities were identified in an AARP survey as among the most challenging daily activities caregivers must manage.

When it comes to shaving, a task that seems simple enough when performed on oneself, things can get tricky. Currently, 46 percent of caregivers are using a disposable razor to provide an assisted shave to their loved one at home, according to a Gillette survey. The problem? When caregivers use one of the 4,000 razors designed for shaving oneself, turning it around to use on someone else is trickier than you might expect -- not to mention time-consuming. Fortunately, there is now a razor specifically engineered for assisted shaving. A first of its kind, the Gillette TREO razor includes special features that protect against nicks and cuts, and its clog-free design doesn't require the use of water. What's more, the razor has an ergonomic handle provid-

ing greater comfort and control. These updates are particularly critical, as sensitive and thinning skin is prevalent among older adults and is a common side effect of many medications. To learn more, visit Gillette.com/TREO.

As more companies introduce tools designed for caregivers, such personal care tasks as shaving have the potential to become easier, safer and more comfortable.

Make Space for Yourself

Prioritizing your own health and happiness is critical. After all, if your health suffers, it could make it impossible for you to continue caregiving. Rely on family and friends or a part-time professional to step in and give you a chance to recharge. Use the personal time to read, journal, exercise, take a nature walk, visit your doctor or simply meet with friends. You may also benefit from joining a caregivers' support group. Luckily, social media has made it simple for people to find one another and connect.

While the roles and responsibilities of caregiving vary, leveraging the resources designed to universally assist caregivers can help you navigate the many challenges of daily life.



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Wilmington Police Log

Deer struck and killed on Shawsheen Avenue

Friday, March 23:

5:24 p.m.: The owner of a Mazda 3 reported that his vehicle was struck in a hit and run at Target on Ballardvale Street on March 20 at about 9 a.m.

7:14 p.m.: A Toyota Highlander skidded and had a minor crash on Salem Street. The part of the road where the incident occurred near Shea Concrete was slippery, so the Department of Public Works was notified.

Tuesday, March 24:

10:03 a.m.: The Water Department responded to a report of a leak by the water meter at a Gate-

house Lane residence.

11:43 a.m.: The Fire Department responded to a reported odor of gas on Murray Hill Circle.

6:19 a.m.: Police notified Verizon of a downed cable wire on Lake Street. A resident moved the wire off the road and onto a lawn before police arrived.

Wednesday, March 25:

6:13 a.m.: A deer was struck and killed by a car on Shawsheen Avenue.

2:47 p.m.: A Butters Row resident reported that an Atlas moving truck snagged a cable wire while driving down the street.

The wire was pulled off of the connected house along with an amount of siding. The truck was not found.

6:40 p.m.: A Freeport Drive reported brown water coming from the house's pipes. The Water Department responded to attempt to address the issue.

Thursday, March 26:

6:42 p.m.: A wire, identified by police as a phone line, was found down over Butters Row by the water treatment plant. Police were unable to move it, but determined that it was not a traffic hazard. Verizon was notified.

The Town Crier regrets that the Tewksbury Police Log was unavailable for publication this week.

Republic Services to suspend some trash collections starting April 1

TEWKSBURY — Republic Services will suspend Bulk Waste, Yard Waste and Overflow Bags Collection due to COVID-19 starting April 1, 2020.

*** Regular Trash and Recycling Collections using totes to remain unchanged ***

With the anticipated reduction in staffing levels, compounded by residents being home generating more trash vol-

ume, Republic Services will suspend Bulk Waste, Yard Waste and Overflow Bags Collection (bags with stickers) starting next week, April 1, 2020.

Trash volume increases of up to 30 percent are estimated for the following weeks while reductions in personnel due to quarantine and isolation are expected. To maintain the trash collection service, personnel from

other divisions (bulk waste and yard waste) will be utilized.

All residents will need to use their regular trash and recycling totes only since all other items outside the toter will not be collected.

Tewksbury asks its residents for help during this emergency by limiting the volume of trash disposal as much as possible.

Five students named to Dean's List at Saint Anselm

MANCHESTER, NH — Saint Anselm College has released the Dean's List of high academic achievers for the first semester of the 2019-2020 school year. To be eligible for this honor, a student must have achieved a grade point average of 3.3 or better in the semester with at least 12 credits of study which award a letter grade. A total of 556 students representing 22 states and 5 countries received this honor.

Mark W. Cronin, Dean of the College, announced that the following stu-

dents have been named to the Dean's List for the fall 2019 semester at Saint Anselm College, Manchester, New Hampshire.

Tewksbury

• Victoria Mirabito, Edu Studies: Elem Educ, 2021

• Kathryn Monahan, Politics, 2023

• Abigail Naugler, Psychology, 2023

• William Small, History, 2021

Wilmington

• Margaret Peterson, Politics, 2023

ABOUT SAINT ANSELM COLLEGE

Founded in 1889, Saint Anselm College is a four-year liberal arts college providing a 21st century education in the Catholic, Benedictine tradition. Located in southern New Hampshire near Boston and the seacoast, Saint Anselm is well known for its strong liberal arts curriculum, the New Hampshire Institute of Politics, a highly successful nursing program, a legacy of community service and a commitment to the arts.

15 students make Dean's List at Endicott College

BEVERLY — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2019 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester.

The following students have met these requirements:

Tewksbury

• Sarah Boudreau, Libl Studies/Education, David Boudreau and Rhonda Boudreau

• Abigail Eskenas, Libl Studies/Education, Arnold Eskenas and Beth Eskenas

• Adrianna Favreau, Biology/Biotechnology, Darrell Favreau and Laurie Favreau

• Tayler Laycox, Biology/Biotechnology, George Laycox and Teresa Laycox

• Madeline Powers, Political Science, Robert Powers and Christine Powers

• Brandon Smith, Hospitality Management, Scott Smith and Christine Janeczak

Wilmington

• Morgan Bresnahan, Engineering, John Bresnahan and Linda Bresnahan

• Jessica D'Arco, Libl Studies/Education, John D'Arco and Karen D'Arco

• Jennifer Dovidio, Libl Studies/Education, Richard Dovidio and Lisa Dovidio

• Kristina Galvin, Marketing, Joseph Galvin and Karen Galvin

• Olivia Hill, Nursing, Joseph Hill and Catherine Hill

• Courtney Murphy,

Nursing, Joseph Murphy and Carolyn Murphy

• Alexa Papastathis, Nursing, Peter Papastathis and Dorothea Gray Papastathis

• Heather Pozzi, Biology/Biotechnology, Christopher Pozzi and Sharon Pozzi Thomas

• Stephanie Santini, Nursing, Robert Santini and Valerie Joyce-Santini

About Endicott College

Endicott College offers doctorate, master's, bachelor's, and associate degree programs at its campus on the scenic coast of Beverly, Mass., with additional sites in Boston, online, and at U.S. and international locations. Endicott remains true to its founding principle of integrating professional and liberal arts education with internship opportunities across disciplines.

For more, visit endicott.edu.

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Lifestyle

CREATE YOUR OWN LOOK

TIE-DYE isn't just for hippies

By **HEATHER BURNS**
New Correspondent

During this time of home isolation, I have been trying to come up with ideas that would entertain my restless troops at home. Then it occurred to me to find a fun activity from my own youth to share with my family.

The ideas of making crochet ponchos, playing "Cat's in the Hat" with a piece of string, or braiding a macrame plant holder didn't seem to translate well to modern day ideas of fun and useful projects. But then I remembered how cool it was to wear my groovy, tie dyed t-shirt I had made as a kid.

The tie dyed look that was "groovy" in my day is still very much a fashion in demand today. Many designer labels offer tie dyed selections with price tags upwards of \$60, so making your own tie dye at home is an inexpensive alternative.

While many still equate tie dye fashion to Jerry Garcia and the "Hippie Generation" of the 1960's, tie dye actually has a multicultural history that dates back centuries.

The earliest known process of tie dye comes from regions in China and Japan, and dates back to 552 C.E.

Natural dyes were made from things like berries,

leaves, roots and flowers to color fabrics.

As early as the 6th century, the Indian culture practiced a type of tie dye known as Bandhani. This process included the use of threads to tie off small pieces of fabric to create intricate patterns. This type of tie dye is still practiced today.

Shibori is another form of tie dye used in 8th century Japan and Indonesia. This process involves several labor intensive stitched designs that are tightly gathered before dyeing to create elaborate designs. This technique is also still in use today.

During the mid to late 1500's, China practiced the art of Tsujigahana. Designs would be drawn onto fabric using a type of ink known as Sumi, then the garment would be dyed, making the design appear darker. This process is still used to make modern day garments.

Although most people think the popularity of tie dye in the United States happened during the Grateful Dead era of the 1960's and 70's, tie dyes U.S. popularity started in the roaring 1920's.

Tie dye was fun, loud, and expressive, molding well into the changing fashions of the 1920's. This process continued to be popular

through the Great

Depression of the 1930's, but for different reasons.

In the 1930's, the tie dye process allowed people to create "new" looking decor for their household without spending a lot of money.

During this economically difficult time, people would use old cotton coffee, sugar, or flour sacks to create new, more colorful fabric to repurpose, or dye older clothes for a fresh, new look.

After the 1930's, tie dye went out of style for several decades until the turbulent times of the 1960's with the rise of the hippie lifestyle.

The hippie movement longed to escape from the strict, social norms of the 1950's, and tie dye provided the perfect medium to convey this free spirit style of living.

Not only was tie dyeing economically feasible for the youth-driven hippie movement, but because no two tie dyes look the same, it provided an outlet for individuality and nonconformity.

In the 1980's, tie dye again made a big comeback, as high fashion designers began to incorporate this look into fashion shows. Changes in technology made it possible to mass manufacture tie dyed garments that were more color stable and fade resistant than tie dye of previous eras.

Today, tie dye remains as popular as ever, and is easy and fun to create at home.

The first thing you will

need to create your own tie dye work of art is a "blank canvas" of sorts. Use a plain white t-shirt, sweatshirt, totebag, or pillowcase. Use your imagination when choosing your fabric items to dye.

If you don't have anything plain white at home, items to dye can easily and inexpensively be found in stores or online at places like Walmart, Michaels or Amazon.

You will also need rubber bands. The rubber bands are used to secure your pattern during the dying process, and are a much easier alternative to the original version of tying knots into the garment to create the pattern.

Of course, you will also need fabric dye.

When I was a kid, the only way to tie dye a garment was to fill big buckets or sinks with dye and dip the "tied" shirt into the dye. This required a bucket for each color, making a big mess, and you would have to wait for the garment to dry completely between colors, often greatly prolonging the process.

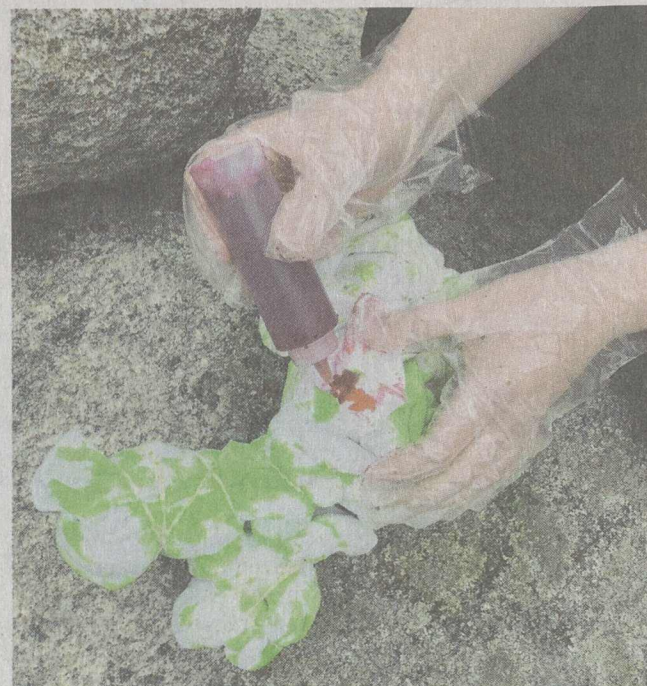
Now you can buy dye bottles or tie dye kits (also available online) that will include the dye and the bottles. This makes it easier to direct the placement of the dye, and multiple colors can be applied all at once without in between drying time.

The next step is to choose the pattern you want to use.

The Swirl design is the typical and most popular design. To create this design, lay your garment flat on the table or ground. Hold two fingers in the center of the garment and twist. Continue gathering the fabric and twisting in the same direction until the garment is in a full, twisted circle, then secure with your "ties" (rubber bands).

You will need between four and eight bands to se-

◀ Spiral pattern



▲ Crinkle pattern, randomly add dye colors to cover the exposed fabric.

▼ After dye is applied, place garments in a plastic bag for six to 12 hours. (Heather Burns photos)



cure, but use however many you need so the design will not fall apart.

The Bull's Eye pattern is also popular and can be created by pinching together the center of the garment and twisting a rubber band around the gathered fabric (approximately 1-2 inch of fabric). Continue to gather the garment placing rubber bands 1-2 inches apart until the garment is shaped like a "snake" or tube with rings of rubber bands going evenly down the tube.

The Crinkle pattern is the most forgiving, as you haphazardly crumple the shirt into a flat ball or disk, and secure it with four to eight rubber bands.

The Rosette or Sunburst pattern is also easy to achieve by laying the garment flat, and randomly gathering 2-inch sections and binding them with a rubber band around each section. Do this six to 10 times on the garment to create a flower-like, dotted pattern.

Once you have your garment properly tied to the pattern you wish to achieve, then it is time to dye.

The dying process is mes-

sy, so wear an old apron, rubber gloves, and if possible, you may want to do this project outside.

Randomly apply your dye from the squirt bottles where you want it on the tied garment. Keep in mind, this is not a precise act, so there is no need to stress when colors combine on the garment during the dying process.

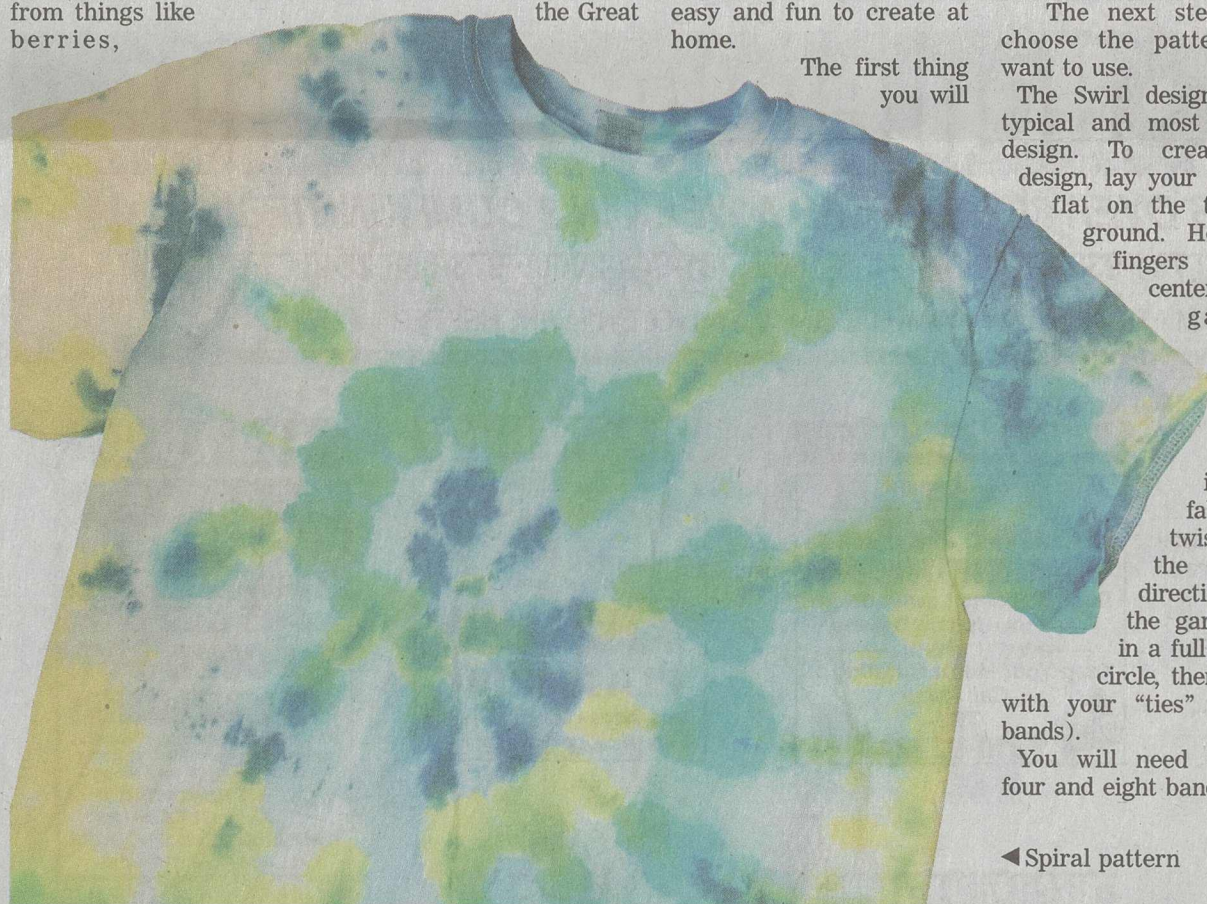
When the dying process is complete, place the garment (still bound with rubber bands) into a zip lock bag and let sit for six to 12 hours.

When time is up, place your bagged garment in a sink, and remove the garment from the bag and take off all rubber bands. Rinse thoroughly with cool water and allow to air dry.

After air drying, wash and dry separately before wearing.

Tie dyeing is an easy and inexpensive way to show off your individuality and creativity. It is also a fun way to pass the time while enjoying a family bonding experience.

For more tie dye patterns with easy to follow folding instructions, visit www.bystephanielynn.com/2015/06/tiedye-folding-techniques



Great Meadows in Concord has great wildlife habitat

By **PAIGE IMPINK**
News Correspondent

paige@yourtowncrier.com

Tucked behind a residential neighborhood in Concord is the Great Meadows National Wildlife Refuge. It was a warm day when we visited the 250 acre preserve and there were lots of people out trying to get their own breath of fresh air while enduring the coronavirus pandemic.

There is plenty of room for social distancing and

being outdoors is healthy for body and mind.

Great Meadows is divided into the Sudbury and the Concord Units. We explored the Concord Unit located at 179 Monsen Road in Concord, a short ride from the Bedford line. The paved parking area is accessed via a fenced right of way which can hold approximately 25-30 cars.

Due to overflow on the warm day, we joined others and parked along the street in the residential

neighborhood, careful to not block any driveways. Restrooms, while normally available, have been closed due to COVID-19 precautions.

There are several paths at Great Meadows, and if you are a letterboxer or geocacher, you will be in for a treat. Beyond that, the wildlife refuge is a vibrant bird and wildlife habitat. A fire tower at the parking lot serves as a fine observation tower to survey the sanctuary.

A series of trails cross the meadow and a causeway creates an upper and lower pool along with the path that rambles along the Concord River. We took all three trails when we visited: the Dike Trail, Edge Trail and Timber Trail.

All are fine for any type of walker, with wide paths and few roots or obstacles. Secure footwear is recommended and some spots could be muddy if there is recent rain, but in general these were easy trails. The entire preserve is skirted by a rail trail which is now part of the Bay Circuit



▲ A view of Great Meadows Wildlife Refuge from the firetower. There are several flat paths to enjoy. Bring your binoculars as the birds and wildlife are plentiful.

Trail. This trail runs toward Bedford as part of the Reformatory Branch Trail, and terminates toward Concord Center. This trail can be an add-on to your visit to Great Meadows.

There are several interpretive panels along the trails, each pointing out bird habitats or forest features. We saw red winged black birds, ducks, swans, Canada geese, and some adorable muskrats busily feeding on marsh grasses. The muskrats were crunching so loudly we could hear them.

We did not see the threatened Blanding's Turtles, but this wetland area is described as host for one of the largest populations in Massachusetts. Native plants such as cattails, wild rice, and duckweed are present, but there is a significant effort to eradicate purple loosestrife, an invasive, by using a beetle which eats only this plant.

While beautiful, loosestrife chokes out native plant species and deprives wetland areas of much needed oxygen in the water.

The initial 250 acre land

donation which started preservation of Great Meadows was gifted by Samuel Hoar in 1928. Hoar was a prominent lawyer with political lineage in Massachusetts dating back to the early 1700s.

The Sudbury portion of the preserve, which we will explore in a future outing, rounds out the more than 3,800 acres which are protected and part of the entire National Wildlife Refuge.

If you are looking for places to get out and walk, give Great Meadows a try. https://www.fws.gov/refuge/Great_Meadows/



▲ Entry sign

(Paige Impink photos)